

# HERNDON

## Parks & Recreation Department



### Herndon Community Center

#### Spring 2007 – Program & Events Guide

814 Ferndale Avenue, Herndon, Virginia 20170  
703-787-7300 • [www.herndon-va.gov](http://www.herndon-va.gov)



The Herndon Parks & Recreation Department is a Nationally Accredited Agency



# General Information

## Mission Statement

**"Promoting a sense of community and enriching the quality of life."**

The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of Town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs in addition to those provided by Fairfax County.

**Daylight Savings Time Begins March 11**

## Community Center Hours

### Aquatic Facility

Monday-Friday ..... 6am-10pm  
Saturday & Sunday ..... 8am-8pm

### Fitness Facility

Monday-Friday ..... 6am-10pm  
Saturday & Sunday ..... 8am-8pm

### Community Center Holiday Hours

Easter Sunday-April 7 ..... 11am-6pm  
Memorial Weekend  
May 26-27.....Regular Hours  
Memorial Day-May 28 ..... 8am-8pm

### Parks & Recreation Office Hours

M-F ..... 8:30am-5:30pm  
Office closed – Memorial Day, May 28

## Phone

### Pool, Racquetball, & Rentals

703-787-7300

### Hearing Impaired Relay

1-800-828-1120 -TDD

### Fax

703-318-8652

### Touchtone Registration

703-707-2662

**Website: [www.herndon-va.gov](http://www.herndon-va.gov)**

Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or video-tape of the activity in any marketing or promotional materials.

## Community Center Fees

**Note:** For pool use, children ages 8 & under must be accompanied by an adult. Children ages 5 & under must be with a parent in the water. For fitness room use, children must be age 14 or older. For gymnasium use, children must be age 12 or older. Youth are those age 17 and under. Seniors are those age 61 and over by December 31, 2006.

## Admissions and Passes

<b>Daily</b>	<b>TOH/NR</b>
Adults	\$4.75/\$6
Seniors	\$3.50/\$4.25
Youth	\$3.50/\$3.50
Non-Resident Seniors	\$4.25
<b>25-Admission Pass</b>	<b>TOH/NR</b>
Adults	\$83/\$120
Seniors	\$61/\$85
Youth	\$61/\$70
<b>Monthly 30-Day Pass</b>	<b>TOH/NR</b>
Adult	\$40/\$58
2 Person Adult Married	\$64/\$91
Single Senior/Youth	\$31/\$46
Senior 2-Person Married	\$50/\$71
Dependent Youth (with paid adult pass)	\$10/\$15
<b>6-Month Pass</b>	<b>TOH/NR</b>
Adult	\$201/\$288
2-Person Adult Married	\$317/\$453
Single Senior/Youth	\$159/\$227
Senior 2-Person Married	\$249/\$356
Dependent Youth (with paid adult pass)	\$50/\$72
<b>Annual Pass</b>	<b>TOH/NR</b>
Adult	\$363/\$519
2 Person Adult Married	\$570/\$815
Single Senior/Youth	\$254/\$408
Senior 2-Person Married	\$449/\$641
Dependent Youth (with paid adult pass)	\$90/\$129

*\*TOH-Resident Rate Requires ID with Address*



### Full Use

The discount pass and daily admission fee for the pool include use of the gymnasium (ages 12 & older) and the fitness room (ages 14 & older) as available and admission to any regularly-scheduled land aerobics class (see class schedule on p12).

<sup>1</sup>Annual and 6-Month Pass Holders are entitled to three sessions with a fitness trainer.

<sup>2</sup>Annual Pass Holders receive a 10% discount on all classes (except those meeting 1 time.)



**A Nationally Accredited Agency 2006**

*"Herndon is Meeting and Exceeding National Standards in P & R Administration"*

## RACQUETBALL & WALLYBALL COURTS

### Prime time hours

**Monday - Friday 4-10pm, plus all day  
Saturday, Sunday & Holidays**

### Racquetball

#### Prime Time

\$4.50 per hour + admission fee per player

#### Non-Prime Time

\$2.50 per hour + admission fee per player

### Wallyball

#### Prime Time

\$4 per court + admission fee per player

#### Non-Prime Time

\$2 per court + admission fee per player

*Wallyball court rental is for two hours.*



## Town of Herndon Town Council

Steve J. DeBenedittis, Mayor  
Dennis D. Husch, Vice Mayor  
Connie Haines Hutchinson  
David A. Kirby  
Harlon Reece  
William B. Tirrell, Sr.  
Charlie D. Waddell  
Steve Owen, Town Manager

## Parks & Recreation Department

Arthur A. Anselene  
Director  
Sue Berkemeier  
Administrative Assistant  
Sheri Branch  
Office Assistant  
Lori Rowland  
Office Assistant  
Cynthia Hoftiezer  
Projects Coordinator  
Abby Kimble  
Marketing Specialist  
Vacant  
Aquatic Services Manager  
Erin Cox  
Pool Operations Manager  
Kerstin Severin  
Swim Team Coach  
Vacant  
Community Center Manager  
Dave Zakrzewski  
Community Center Supervisor  
Cindy Roeder  
Recreation Services Manager  
Liz Judge  
Fitness Specialist  
Bob Hilferty, Indoor Tennis Manager  
**Recreation Services Supervisors**  
Ann Hoy, Special Interest, Arts & Crafts  
Susan Lilly, Town Naturalist  
Holly Popple, Performing Arts, Events  
Kimberly Wood, Teens, Trips, Senior Adults  
Taacha Brown-Drummond, Sports, Fitness

Information and forms for class registration can be found on pages 30-31 of this brochure.

## Registration Dates

- Registration for all Town of Herndon residents will open at 10am on **Wednesday, February 21, 2007**
- Registration for all non-Town of Herndon residents will open at 10am on **Tuesday, February 27, 2007**

Starting on these dates you will be able to register online, by touchtone system, in person ONLY for the Spring 2007 registration.

## Gift Certificates



What goes best with chocolate eggs and marshmallow bunnies? A gift certificate to the Herndon Community Center—a welcome gift for all ages, which can be used for passes, classes, fitness center, racquetball, swimming, performing arts events, and trips. Purchase gift certificates in any amount at the Herndon Community Center, or order by phone (703-787-7300) with a credit card.



## 34th ANNUAL NATIONAL VOLUNTEER APPRECIATION WEEK: April 15-21

Thanks to each and every volunteer who has helped make this year special for someone else in the Herndon Community.



## Table of Contents

Aquatics .....	4-10
Arts & Crafts.....	27
Chess .....	28
Cooking .....	26
Dance .....	23-25
Fitness .....	11-13, 16
Fencing .....	14
General Information.....	2
Guitar.....	25
Gymnastics .....	15
Gymside Walkers .....	11
Kid Care.....	13
Martial Arts .....	14
Nature .....	21-22
Open Gym .....	17
Parks .....	22
Performing Arts .....	17
Pilates .....	14
Pottery .....	27
Preschool.....	25
Racquetball.....	20
Registration Information .....	30
Teens.....	29
Tennis .....	18-20
Trips .....	28
Yoga .....	14

## Spring Highlights

**Runnymede Park Clean-Up**  
March 17

**Easter Egg Hunt**  
April 7

**Earth Day**  
April 21

**Town Square Singers  
Spring Concert**  
April 27-29

**Hershey Track & Field Meet**  
May 19

**Herndon Festival**  
May 31-June 3



## SWIMMING GUIDELINES

*Parents should remember that unless a child is practicing skills learned in a class they may lose their proficiency to demonstrate the required skills. Do not place your child in a higher level course unless they have been practicing the required skills on a regular basis or have been passed on during a course evaluation. It is better to repeat a course to strengthen skills than place a child in a class over his level!*

### Starfish

No experience necessary but must be able to: Separate from parent; Learn in a group setting

### Seahorse

Successful completion of Starfish or ability to: Put face in the water 5 seconds; Blow bubbles; Front glide with kick 3 feet; Float on back with assistance-5 seconds

### Otters

Successful completion of Seahorse or ability to: Submerge totally bobbing 5 times; Float on front and back independently; Rollover from front to back; Swim with arm stroke and kick 5 yards

### Manatees

Successful completion of Otter or ability to: Jump in 12 feet and return to side without assistance; Front crawl 15 yards with breathing; Elementary backstroke arm motion 15 yards; Back crawl 15 yards; Butterfly kick; Sitting/kneeling dives

### Sharks

Successful completion of Manatee or the ability to: Front crawl 25 yards with side breathing; Elementary backstroke 15 yards; Back crawl 25 yards; Breaststroke 15 yards; Diving: compact/stride; Ability to swim across deep end of pool

### Level 1

No experience necessary but must be able to participate in group setting

### Level 2

Successful completion of Level 1 or the ability to: Put face in water and blow bubbles 5 seconds; Submerge face and pick up item; Float with assistance; Kick on front with face in using barbells

### Level 3

Successful completion of Level 2 or the ability to: Float on front and back independently; Roll over from front to back; Combined stroke front and back 5 yards

### Level 4

Successful completion of Level 3 or the ability to: Elementary Backstroke 5 yards; Front crawl and back crawl 15 yards; Jump into deep water and swim 15 yards; Kneeling dive

### Level 5

Successful completion of Level 4 or the ability to: Tread water 1 minute; Crawl stroke 25 yards with side breathing; Back crawl 25 yards; Breaststroke 15 yards; Butterfly 15 yards; Elementary backstroke 15 yards; Scissors kick; Stride dive and flip turn

### Level 6

Successful completion of Level 5 or the ability to: Front and back crawl 50 yards; Back float 2 minutes; Tread water 2 minutes; Breaststroke 25 yards; Sidestroke 25 yards; Elementary backstroke 25 yards

### Parent Observation of Classes:

*To ensure an independent learning experience and to foster a quality, and rewarding learning environment in our youth classes, parents shall remain outside the classroom. In swim classes parents may sit in the bleacher area. The class instructor will notify parents if an observation day will be held at the end of the session. If you have a special consideration, please contact the Parks and Recreation Office to speak with the Recreation Program Supervisor.*

**The pool is open to lap swimmers and scheduled swim lessons only on Saturdays from 8am until noon.**

**There is limited recreational swimming on Sundays from 8am until noon.**

### Aquatics Class Make-up Policy

Classes canceled due to inclement weather, pool closures, or instructor illnesses are made up as the calendar allows. Credits for canceled classes will not be issued to participants who are unable to attend the make-up class.

## Wacky Wednesday

**Ages 5 & under**

**Every Wednesday, 1-3pm**

Come join us in the pool with fun and games for the preschool set. Children not enrolled in full day school programs (Kindergarten and younger) may participate. The training pool will be set aside for kids (must be with an adult!) and filled with our wacky water toys. A great time for practicing swimming in preparation for summer!

**\$5 parent/child**

**\$2 each additional child**

## Swimming Instructors Needed

The Aquatics Department of the Herndon Community Center is currently looking for swimming instructors to teach classes in its Learn to Swim program. The Learn to Swim program provides classes to students of all ages, from infants to adults. This is an ideal part-time position for stay-at-home moms, students, or for anyone who desires fun and fulfilling part-time work in a relaxed and family/community-oriented environment. Red Cross certification is a plus, but we will train the right candidates. For more information, call Kerstin Severin at **703-435-6800, ext. 2128.**

**Come and play with the floating submarine or slide on weekends from 1-4pm!**





## PRESCHOOL AQUATICS

**ATTENTION:** Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class. Parents should remember that unless a child is practicing skills learned in a class, they may lose their proficiency to demonstrate the required skills. Do not place your children in a higher-level course, unless they have been practicing the required skills on a regular basis or have been passed during a course evaluation. It is better to repeat a course to strengthen skills than to place a child in a class over his level!

### Aquatots – Ages 6-18 months

Instructor works closely with parent in helping infant develop basic water skills including water adjustment, safety, and experiencing supported movement through the water. **BABIES ARE REQUIRED TO WEAR SWIM DIAPERS AND PLASTIC PANTS WITH ELASTIC AT THE LEGS AND WAISTBAND.**

*Swim with parent.*

#### 8, 25 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, March 12-April 4</b>			
4011.101	M/W	10:30-10:55am	\$54/\$68
<b>Session 2, April 16-May 9</b>			
4011.102	M/W	10:30-10:55am	\$54/\$68
<b>Session 3, May 21-June 18</b>			
4011.103	M/W	10:30-10:55am	\$54/\$68
<b>March 10-April 28</b>			
4011.604	Sa	9:30-9:55am	\$54/\$68

#### Mini Session

##### 4, 25 minute sessions

Class	Day	Time	TOH/NR
<b>May 12-June 9</b>			
4011.605	Sa	9:30-9:55am	\$27/\$34



### Guppies – Ages 19-36 months

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. **TODDLERS ARE REQUIRED TO WEAR SWIM DIAPERS AND PLASTIC PANTS WITH ELASTIC AT THE LEGS AND WAISTBAND.**

*Swim with parent.*

#### 8, 25 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, March 12-April 4</b>			
4012.101	M/W	10-10:25am	\$54/\$68
<b>Session 2, April 16-May 9</b>			
4012.102	M/W	10-10:25am	\$54/\$68
<b>Session 3, May 21-June 18</b>			
4012.103	M/W	10-10:25am	\$54/\$68
<b>Session 1, March 13-April 5</b>			
4012.204	T/Th	11-11:25am	\$54/\$68
<b>Session 2, April 17-May 10</b>			
4012.205	T/Th	11-11:25am	\$54/\$68
<b>Session 3, May 22-June 14</b>			
4012.206	T/Th	11-11:25am	\$54/\$68
<b>March 16-May 4</b>			
4012.507	F	10:30-10:55am	\$54/\$68
<b>March 10-April 28</b>			
4012.608	Sa	10-10:25am	\$54/\$68
<b>March 11-May 6</b>			
4012.709	Su	9:30-9:55am	\$54/\$68

#### Mini Session

##### 4, 25 minute sessions

Class	Day	Time	TOH/NR
<b>May 18-June 8</b>			
4012.510	F	10:30-10:55am	\$27/\$34
<b>May 12-June 9</b>			
4012.611	Sa	10-10:25am	\$27/\$34
<b>May 20-June 17</b>			
4012.712	Su	9:30-9:55am	\$27/\$34

### Minnows – Ages 3-5

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. Designed for children who are older than our Guppies, but are hesitant to separate from the parent. Skills that are taught include: breath control, floating on front and back, and kicking.

*Swim with parent.*

#### 8, 25 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, March 13-April 5</b>			
4018.201	T/Th	9:30-9:55am	\$54/\$68
<b>Session 2, April 17-May 10</b>			
4018.202	T/Th	9:30-9:55am	\$54/\$68
<b>Session 3, May 22-June 14</b>			
4018.203	T/Th	9:30-9:55am	\$54/\$68
<b>March 10-April 28</b>			
4018.604	Sa	9-9:25am	\$54/\$68

#### Mini Session

##### 4, 25 minute sessions

Class	Day	Time	TOH/NR
<b>May 12-June 9</b>			
4018.605	Sa	9-9:25am	\$27/\$34

### Starfish – Ages 3-6

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. *Child's first water experience without parent.*

#### 8, 25 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, March 12-April 4</b>			
4013.101	M/W	9:30-9:55am	\$54/\$68
4013.102	M/W	10:30-10:55am	\$54/\$68
4013.103	M/W	11:30-11:55am	\$54/\$68
4013.104	M/W	6:30-6:55pm	\$54/\$68
<b>Session 2, April 16-May 9</b>			
4013.105	M/W	9:30-9:55am	\$54/\$68
4013.106	M/W	10:30-10:55am	\$54/\$68
4013.107	M/W	11:30-11:55am	\$54/\$68
4013.108	M/W	6:30-6:55pm	\$54/\$68
<b>Session 3, May 21-June 18</b>			
4013.109	M/W	9:30-9:55am	\$54/\$68
4013.110	M/W	10:30-10:55am	\$54/\$68
4013.111	M/W	11:30-11:55am	\$54/\$68
4013.112	M/W	6:30-6:55pm	\$54/\$68
<b>Session 1, March 13-April 5</b>			
4013.213	T/Th	10-10:25am	\$54/\$68
4013.214	T/Th	11-11:25am	\$54/\$68
4013.215	T/Th	1-1:25pm	\$54/\$68
4013.216	T/Th	6-6:25pm	\$54/\$68
<b>Session 2, April 17-May 10</b>			
4013.217	T/Th	10-10:25am	\$54/\$68
4013.218	T/Th	11-11:25am	\$54/\$68
4013.219	T/Th	1-1:25pm	\$54/\$68
4013.220	T/Th	6-6:25pm	\$54/\$68
<b>Session 3, May 22-June 14</b>			
4013.221	T/Th	10-10:25am	\$54/\$68
4013.222	T/Th	11-11:25am	\$54/\$68
4013.223	T/Th	1-1:25pm	\$54/\$68
4013.224	T/Th	6-6:25pm	\$54/\$68
<b>March 14-May 2</b>			
4013.325	W	11-11:25am	\$54/\$68
4013.326	W	12-12:25pm	\$54/\$68
<b>March 16-May 4</b>			
4013.527	F	11-11:25am	\$54/\$68
<b>March 10-April 28</b>			
4013.628	Sa	8:30-8:55am	\$54/\$68
4013.629	Sa	9:30-9:55am	\$54/\$68
<b>March 11-May 6</b>			
4013.730	Su	10-10:25am	\$54/\$68

#### Mini Session

##### 4, 25 minute sessions

Class	Day	Time	TOH/NR
<b>May 16- June 6</b>			
4013.331	W	11-11:25am	\$27/\$34
4013.332	W	12-12:25pm	\$27/\$34





Guppies cont'd

### May 18-June 8

4013.533 F 11-11:25am \$27/\$34

### May 12-June 9

4013.634 Sa 8:30-8:55am \$27/\$34

4013.635 Sa 9:30-9:55am \$27/\$34

### May 20-June 17

4013.736 Su 10-10:25am \$27/\$34

## Seahorse – Ages 3-6

Seahorse students can demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced.

*Previous water experience*

### 8, 25 minute sessions

Class	Day	Time	TOH/NR
-------	-----	------	--------

#### Session 1, March 12-April 4

4014.101 M/W 10-10:25am \$54/\$68

4014.102 M/W 11-11:25am \$54/\$68

4014.103 M/W 11-11:25am \$54/\$68

4014.104 M/W 5:30-5:55pm \$54/\$68

#### Session 2, April 16-May 9

4014.105 M/W 10-10:25am \$54/\$68

4014.106 M/W 11-11:25am \$54/\$68

4014.107 M/W 11:30-11:55am \$54/\$68

4014.108 M/W 5:30-5:55pm \$54/\$68

#### Session 3, May 21-June 18

4014.109 M/W 10-10:25am \$54/\$68

4014.110 M/W 11-11:25am \$54/\$68

4014.111 M/W 11:30-11:55am \$54/\$68

4014.112 M/W 5:30-5:55pm \$54/\$68

#### Session 1, March 13-April 5

4014.213 T/Th 9:30-9:55am \$54/\$68

4014.214 T/Th 10:30-10:55am \$54/\$68

4014.215 T/Th 11:30-11:55am \$54/\$68

4014.216 T/Th 1:30-1:55pm \$54/\$68

4014.217 T/Th 6:30-6:55pm \$54/\$68

#### Session 2, April 17-May 10

4014.218 T/Th 9:30-9:55am \$54/\$68

4014.219 T/Th 10:30-10:55am \$54/\$68

4014.220 T/Th 11:30-11:55am \$54/\$68

4014.221 T/Th 1:30-1:55pm \$54/\$68

4014.222 T/Th 6:30-6:55pm \$54/\$68

#### Session 3, May 22-June 14

4014.223 T/Th 9:30-9:55am \$54/\$68

4014.224 T/Th 10:30-10:55am \$54/\$68

4014.225 T/Th 11:30-11:55am \$54/\$68

4014.226 T/Th 1:30-1:55pm \$54/\$68

4014.227 T/Th 6:30-6:55pm \$54/\$68

#### March 14-May 2

4014.328 W 10:30-10:55am \$54/\$68

4014.329 W 12:30-12:55pm \$54/\$68

#### March 16-May 4

4014.530 F 11:30-11:55am \$54/\$68

#### March 10-April 28

4014.631 Sa 9-9:25am \$54/\$68

4014.632 Sa 10-10:25am \$54/\$68

#### March 11-May 6

4014.733 Su 10:30-10:55am \$54/\$68

### Mini Session

#### 4, 25 minute sessions

Class	Day	Time	TOH/NR
-------	-----	------	--------

#### May 16- June 6

4014.334 W 10:30-10:55am \$27/\$34

4014.335 W 12:30-12:55pm \$27/\$34

#### May 18-June 8

4014.536 F 11:30-11:55am \$27/\$34

### May 12-June 9

4014.637 Sa 9-9:25am \$27/\$34

4014.638 Sa 10-10:25am \$27/\$34

### May 20-June 17

4014.739 Su 10:30-10:55am \$27/\$34



## Otters – Ages 4-6

Our Otter students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, treading water and diving from seated and kneeling positions. There is instruction in swimming in deep water and basic water safety rules.

*Preschool swimmer*

### 8, 25 minute sessions

Class	Day	Time	TOH/NR
-------	-----	------	--------

#### Session 1, March 12-April 4

4015.101 M/W 11-11:25am \$54/\$68

4015.102 M/W 5-5:25pm \$54/\$68

#### Session 2, April 16-May 9

4015.103 M/W 11-11:25am \$54/\$68

4015.104 M/W 5-5:25pm \$54/\$68

#### Session 3, May 21-June 18

4015.105 M/W 11-11:25am \$54/\$68

4015.106 M/W 5-5:25pm \$54/\$68

#### Session 1, March 13-April 5

4015.207 T/Th. 10:30-10:55am \$54/\$68

4015.208 T/Th 2-2:25pm \$54/\$68

4015.209 T/Th 5-5:25pm \$54/\$68

#### Session 2, April 17-May 10

4015.210 T/Th 10:30-10:55am \$54/\$68

4015.211 T/Th 2-2:25pm \$54/\$68

4015.212 T/Th 5-5:25pm \$54/\$68

#### Session 3, May 22-June 14

4015.213 T/Th 10:30-10:55am \$54/\$68

4015.214 T/Th 2-2:25pm \$54/\$68

4015.215 T/Th 5-5:25pm \$54/\$68

#### March 12-April 30

4015.116 M 10:30-10:55am \$54/\$68

#### March 14-May 2

4015.317 W 10-10:25am \$54/\$68

4015.318 W 1-1:25pm \$54/\$68

#### March 16-May 4

4015.519 F 12-12:25pm \$54/\$68

#### March 10-Apr 28

4015.620 Sa 10:30-10:55am \$54/\$68

#### March 11-May 6

4015.721 Su 11-11:25am \$54/\$68

### Mini Session

#### 4, 25 minute sessions

Class	Day	Time	TOH/NR
-------	-----	------	--------

#### May 14-June 11

4015.122 M 10:30-10:55am \$27/\$34

#### May 16-June 6

4015.323 W 10-10:25am \$27/\$34

4015.324 W 1-1:25pm \$27/\$34

#### May 18-June 8

4015.525 F 12-12:25pm \$27/\$34

#### May 12-June 9

4015.626 Sa 10:30-10:55am \$27/\$34

#### May 20-June 17

4015.727 Su 11-11:25am \$27/\$34

## Manatees – Ages 4-6

To enroll in this class, students should be able to swim a distance of 15 yards of front crawl taking at least two breaths and 15 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction

*An advanced course for the preschool swimmer*

### 8, 25 minute sessions

Class	Day	Time	TOH/NR
-------	-----	------	--------

#### Session 1, March 12-April 4

4016.101 M/W 9:30-9:55am \$54/\$68

4016.102 M/W 6-6:25pm \$54/\$68

#### Session 2, April 16-May 9

4016.103 M/W 9:30-9:55am \$54/\$68

4016.104 M/W 6-6:25pm \$54/\$68

#### Session 3, May 21-June 18

4016.105 M/W 9:30-9:55am \$54/\$68

4016.106 M/W 6-6:25pm \$54/\$68

#### Session 1, March 13-April 5

4016.207 T/Th 10-10:25am \$54/\$68

4016.208 T/Th 2:30-2:55pm \$54/\$68

4016.209 T/Th 5:30-5:55pm \$54/\$68

#### Session 2, April 17-May 10

4016.210 T/Th 10-10:25am \$54/\$68

4016.211 T/Th 2:30-2:55pm \$54/\$68

4016.212 T/Th 5:30-5:55pm \$54/\$68

#### Session 3, May 22-June 14

4016.213 T/Th 10-10:25am \$54/\$68

4016.214 T/Th 2:30-2:55pm \$54/\$68

4016.215 T/Th 5:30-5:55pm \$54/\$68

#### March 12-April 30

4016.116 M 10-10:25am \$54/\$68

#### March 14-May 2

4016.317 W 9:30-9:55am \$54/\$68

#### March 16-May 4

4016.518 F 12:30-12:55pm \$54/\$68

#### March 10-April 28

4016.619 Sa 11-11:25am \$54/\$68

#### March 11-May 6

4016.720 Su 11:30-11:55am \$54/\$68

### Mini Session

#### 4, 25 minute sessions

Class	Day	Time	TOH/NR
-------	-----	------	--------

#### May 14-June 11

4016.121 M 10-10:25am \$27/\$34

#### May 16- June 6

4016.322 W 9:30-9:55am \$27/\$34

#### May 18-June 8

4016.523 F 12:30-12:55pm \$27/\$34

#### May 12-June 9

4016.624 Sa 11-11:25am \$27/\$34

#### May 20-June 17

4016.725 Su 11:30-11:55am \$27/\$34



**Sharks** – Ages 4-6

To enroll in this class, students should be able to swim a distance of 25 yards of front crawl taking at least two breaths and 25 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction.

*Must have had formal swim instruction! This is the most advanced preschool class offered.*

**8, 25 minute sessions**

Class	Day	Time	TOH/NR
<b>March 16-May 4</b>			
4017.504	F	1-1:25pm	\$54/\$68

**4, 25 minute sessions**

Class	Day	Time	TOH/NR
<b>May 18-June 8</b>			
4017.505	F	1-1:25pm	\$27/\$34

**YOUTH AQUATICS****Level 1** – Ages 6 & up

This Red Cross course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

**8, 30 minute sessions**

Class	Day	Time	TOH/NR
<b>Session 1, March 12-April 4</b>			
4021.101	M/W	6-6:30pm	\$54/\$68
<b>Session 2, April 16-May 9</b>			
4021.102	M/W	6-6:30pm	\$54/\$68
<b>Session 3, May 21-June 18</b>			
4021.103	M/W	6-6:30pm	\$54/\$68
<b>Session 1, March 13-April 5</b>			
4021.204	T/Th	5-5:30pm	\$54/\$68
<b>Session 2, April 17-May 10</b>			
4021.205	T/Th	5-5:30pm	\$54/\$68
<b>Session 3, May 22-June 14</b>			
4021.206	T/Th	5-5:30pm	\$54/\$68
<b>March 10-April 28</b>			
4021.607	Sa	11-11:30am	\$54/\$68
<b>March 11-May 6</b>			
4021.708	Su	11:30am-12pm	\$54/\$68

**Mini Session****4, 30 minute sessions**

Class	Day	Time	TOH/NR
<b>May 12-June 9</b>			
4021.609	Sa	11-11:30am	\$27/\$34
<b>May 20-June 17</b>			
4021.710	Su	11:30am-12pm	\$27/\$34

RECREATION...

THE BENEFITS ARE ENDLESS

• develop new friendships

**Level 2** – Ages 6 & up

This Red Cross course builds on the fundamental skills learned in Level 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back and increased safety skills.

**8, 30 minute sessions**

Class	Day	Time	TOH/NR
<b>Session 1, March 12-April 4</b>			
4022.101	M/W	6:30-7pm	\$54/\$68
<b>Session 2, April 16-May 9</b>			
4022.102	M/W	6:30-7pm	\$54/\$68
<b>Session 3, May 21-June 18</b>			
4022.103	M/W	6:30-7pm	\$54/\$68
<b>Session 1, March 13-April 5</b>			
4022.204	T/Th	5:30-6pm	\$54/\$68
<b>Session 2, April 17-May 10</b>			
4022.205	T/Th	5:30-6pm	\$54/\$68
<b>Session 3, May 22 - June 14</b>			
4022.206	T/Th	5:30-6pm	\$54/\$68
<b>March 12-April 30</b>			
4022.207	M	2-2:30pm	\$54/\$68
<b>March 10-April 28</b>			
4022.608	Sa	10:30-11am	\$54/\$68
<b>March 11-May 6</b>			
4022.709	Su	11-11:30am	\$54/\$68

**Mini Sessions****4, 30 minute sessions**

Class	Day	Time	TOH/NR
<b>May 14-June 11</b>			
4022.110	M	2-2:30pm	\$27/\$34
<b>May 12-June 9</b>			
4022.611	Sa	10:30-11am	\$27/\$34
<b>May 20-June 17</b>			
4022.712	Su	11-11:30am	\$27/\$34

**Level 3** – Ages 6 & up

This Red Cross course continues to build aquatic skills learned in previous classes. Coordination of front and back crawl, rotary breathing, kneeling dives and basic rescue skills are taught. Dolphin kick is introduced.

**8, 30 minute sessions**

Class	Day	Time	TOH/NR
<b>Session 1, March 12-April 4</b>			
4023.101	M/W	5:30-6pm	\$54/\$68
<b>Session 2, April 16-May 9</b>			
4023.102	M/W	5:30-6pm	\$54/\$68
<b>Session 3, May 21-June 18</b>			
4023.103	M/W	5:30-6pm	\$54/\$68
<b>Session 1, March 13-April 5</b>			
4023.204	T/Th	6:30-7pm	\$54/\$68
<b>Session 2, April 17-May 10</b>			
4023.205	T/Th	6:30-7pm	\$54/\$68
<b>Session 3, May 22-June 14</b>			
4023.206	T/Th	6:30-7pm	\$54/\$68
<b>March 12-April 30</b>			
4023.107	M	3:45-4:15pm	\$54/\$68
<b>March 10-April 28</b>			
4023.608	Sa	10-10:30am	\$54/\$68
<b>March 11-May 6</b>			
4023.709	Su	10:30-11am	\$54/\$68

**Mini Session****4, 30 minute sessions**

Class	Day	Time	TOH/NR
<b>May 14-June 11</b>			
4023.110	M	3:45-4:15pm	\$27/\$34
<b>May 12-June 9</b>			
4023.611	Sa	10-10:30am	\$27/\$34
<b>May 20-June 17</b>			
4023.712	Su	10:30-11am	\$27/\$34

**Level 4** – Ages 6 & up

In this Red Cross course, students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, breaststroke, and butterfly. Open turns are also introduced.

**8, 30 minute sessions**

Class	Day	Time	TOH/NR
<b>Session 1, March 12-April 4</b>			
4024.101	M/W	5-5:30pm	\$54/\$68
<b>Session 2, April 16-May 9</b>			
4024.102	M/W	5-5:30pm	\$54/\$68
<b>Session 3, May 21-June 18</b>			
4024.103	M/W	5-5:30pm	\$54/\$68
<b>Session 1, March 13-April 5</b>			
4024.204	T/Th	6-6:30pm	\$54/\$68
<b>Session 2, April 17-May 10</b>			
4024.205	T/Th	6-6:30pm	\$54/\$68
<b>Session 3, May 22-June 14</b>			
4024.206	T/Th	6-6:30pm	\$54/\$68
<b>March 12-April 30</b>			
4024.107	M	3:15-3:45pm	\$54/\$68
<b>March 10-April 28</b>			
4024.608	Sa	9:30-10am	\$54/\$68
<b>March 11-May 6</b>			
4024.709	Su	10-10:30am	\$54/\$68

**Mini Session****4, 30 minute sessions**

Class	Day	Time	TOH/NR
<b>May 14-June 11</b>			
4024.110	M	3:15-3:45pm	\$27/\$34
<b>May 12-June 9</b>			
4024.611	Sa	9:30-10am	\$27/\$34
<b>May 20-June 17</b>			
4024.712	Su	10-10:30am	\$27/\$34

**Level 5** – Ages 6 & up

Students refine and coordinate the key strokes learned in previous Red Cross courses. Front and back crawl and elementary backstroke are performed at increased distances. Sidestroke, breaststroke, and butterfly are refined. Students learn how to perform open turns at the wall while swimming laps. Deepwater work includes diving, water entries, and treading.

**8, 45 minute sessions**

Class	Day	Time	TOH/NR
<b>March 12-April 30</b>			
4025.101	M	2:30-3:15pm	\$58/\$73
<b>March 10-April 28</b>			
4025.602	Sa	8:45-9:30am	\$58/\$73



Level 5 cont'd

### Mini Session

#### 4, 45 minute sessions

Class	Day	Time	TOH/NR
<b>May 14-June 11</b>			
4025.103	M	2:30-3:15pm	\$30/\$37
<b>May 12-June 9</b>			
4025.604	Sa	8:45-9:30am	\$30/\$37

### Level 6 – Ages 6 & up

This Red Cross Course focuses on polishing the strokes previously learned, as well as having the student perform them with greater ease and efficiency. Different dives and deep water rescue skills are taught. Flip turns and open turns for breaststroke and sidestroke are also developed.

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 10-April 28</b>			
4026.601	Sa	11-11:45am	\$58/\$73

### Mini Session

#### 4, 45 minute sessions

Class	Day	Time	TOH/NR
<b>May 12-June 9</b>			
4026.604	Sa	11-11:45am	\$30/\$37

## ADAPTED AQUATICS

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. (Volunteers needed) Parents: Please pick up a physician referral form at the Aquatics Dept. before the first day of class. Also, parents may have to go in the water if there is a lack of volunteers. Please call Kerstin Severin at (703)787-7300 if you have any questions regarding this program.

#### 8, 30 minute sessions

##### Ages 3-7

Class	Day	Time	TOH/NR
<b>March 16-May 4</b>			
4028.502	F	4:30-5pm	\$54/\$68

##### Ages 8-16

Class	Day	Time	TOH/NR
<b>March 16-May 4</b>			
4028.503	F	5-5:30pm	\$54/\$68

### RECREATION...

**THE BENEFITS ARE ENDLESS**  
• strengthen self-confidence  
and improve self-esteem

## YOUTH DEVELOPMENTAL WORKOUT

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns, and endurance building. Great preparation for summer league swimming!

- Ages 8 & under must swim 25-yd free-style without stopping
- Ages 9-12 must swim 50-yd freestyle without stopping
- Ages 12-14 must swim 50-yd freestyle and 25-yd backstroke without stopping

#### 10, 45 minute sessions

##### Ages 8 & under

Class	Day	Time	TOH/NR
<b>March 11-May 20</b>			
4027.701	Su	11:30am-12:15pm	\$79/\$99
4027.702	Su	5-5:45pm	\$79/\$99
4027.703	Su	6:30-7:15pm	\$79/\$99

##### Ages 9-12

Class	Day	Time	TOH/NR
<b>March 11-May 20</b>			
4027.704	Su	10:45-11:30am	\$79/\$99
4027.705	Su	5:45-6:30pm	\$79/\$99
4027.706	Su	7:15-8pm	\$79/\$99

##### Ages 12-14

Class	Day	Time	TOH/NR
<b>March 11-May 20</b>			
4027.707	Su	10-10:45am	\$79/\$99

### Diving 1 – Ages 7 & up

Introduces divers to the fundamentals of diving, starting with front and back jumps and working through front and back dives. Approaches, hurdles, and entries are also taught.

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 16-May 4</b>			
4029.501	F	4:30-5:15pm	\$58/\$73

### Mini Sessions

#### 4, 45 minute sessions

Class	Day	Time	TOH/NR
<b>May 18-June 8</b>			
4029.503	F	4:30-5:15pm	\$30/\$37

### Diving 2 – Ages 7 & up

This class is designed for children with previous springboard diving experience. The completion of Beginner 1 Diving or equivalent is strongly recommended. This class will include refinement of front and back dives as well as learning more advanced dives and flips.

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 16-May 4</b>			
4029.504	F	5:15-6pm	\$58/\$73

### Mini Session

#### 4, 45 minute sessions

Class	Day	Time	TOH/NR
<b>May 18-June 8</b>			
4029.505	F	5:15-6pm	\$30/\$37

## SAFETY

### Water Safety Instructor

#### Ages 16 & up

This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages from infants to adults. We will also provide practical teaching experience. All students must be 16 years of age by the first day of class and complete a Water Safety pre-course test. Students must pick up their materials and complete the first assignment prior to the first class session. Students must attend all class sessions to pass this course! For more information or to obtain a list of the pre-course skills, please call Jen Vought at (703)435-6800 ext. 2112.

#### 5, 4 hour sessions and 3, 6 hour sessions

Class	Day	Time	TOH/NR
<b>May 16-June 13</b>	W	6-10pm	
<b>May 19, June 2, 9</b>	Sa	2-8pm	
4062.301			\$188/\$235



## Part-Time Seasonal Opportunities Available

Are you looking for part-time work close to home? Do you have an interest or skill you can share with others? The Herndon Parks and Recreation Department is seeking enthusiastic and skilled individuals to fill a variety of instructor positions. Days and hours are generally flexible to meet your schedule and hourly wage is based on training, certification and/or experience. Or share your hobby or interest – we are always looking for something new to offer.

Contact the Herndon Community Center at 703-787-7300 for more detailed information, an application or download one from our website: [www.herndon-va.gov](http://www.herndon-va.gov) and click on Employment. Share your talent – TEACH!





# Special Interest Aquatics/Adult Aquatics

## Lifeguard Training Class

**Ages 15 years and up**

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid, and CPR/AED for the Professional Rescuer. Students must be 15 years old by the first day to be eligible to enroll. Participants must also pass a pre-course test to remain in the course. The pre-course test includes: a 500 yard continuous swim consisting of 200 yards of freestyle, 100 yards of breaststroke, and 200 yards of either freestyle or breaststroke; swimming 20 yards to retrieve a 10-pound brick from a depth of 12 feet of water, and returning 20 yards with the brick swimming on back using legs only.

*Students must attend all class sessions to pass this course!*



### 1, 2 hour and 6, 8 hour sessions

Class	Day	Time	TOH/NR
March 30	Sa	10:30am-12:30pm	
April 2-7	M-Sa	9am-5pm	\$180/\$225
4061.603			

April 7	Sa	10:30am-12:30pm	
April 9-14	M-Sa	9am-5pm	\$180/\$225
3051.601			

### 12, 3.5 hour sessions

Class	Day	Time	TOH/NR
April 16-May 23	M/W	6-9:30 pm	
4061.102			\$180/\$225

## ADULTS

### Adult Beginner

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking, and breathing skills will be taught.

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
March 12-April 30			
4041.101	M	7:15-8pm	\$58/\$73
March 10-April 28			
4041.602	Sa	10:30-11:15am	\$58/\$73

#### Mini Session

##### 4, 45 minute sessions

Class	Day	Time	TOH/NR
May 14- June 11			
4041.103	M	7:15-8pm	\$30/\$37
May 12-June 9			
4041.604	Sa	10:30-11:15am	\$30/\$37

## Adult Advanced Beginner

This class is for students who have passed Adult Beginners or those who are comfortable in the water and are ready to concentrate on furthering the primary strokes: front and back crawl, and elementary backstroke and breaststroke. Treading water and introduction to rotary breathing are included in this class.

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
March 12-April 30			
4042.101	M	11-11:45am	\$58/\$73
March 10-April 28			
4042.602	Sa	11:15am-12pm	\$58/\$73

#### Mini Session

##### 4, 45 minute sessions

Class	Day	Time	TOH/NR
May 14-June 12			
4042.103	M	11-11:45am	\$30/\$37
March 12-June 9			
4042.604	Sa	11:15am-12pm	\$30/\$37

## Adult Intermediate

This class is for anyone who has completed Adult Beginners or anyone that is looking for a little stroke improvement. Students will work on stroke refinement and coordination. Strokes learned in previous courses will be performed at increased distances.

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
March 12-April 30			
4043.101	M	11:45am-12:30pm	\$58/\$73
March 13-May 1			
4043.302	T	6:30-7:15pm	\$58/\$73
March 10-April 28			
4043.603	Sa	12-12:45pm	\$58/\$73

#### Mini Session

##### 4, 45 minute sessions

Class	Day	Time	TOH/NR
May 14-June 11			
4043.104	M	11:45am-12:30pm	\$30/\$37
May 15-June 5			
4043.205	T	6:30-7:15pm	\$30/\$37
May 12-June 9			
4043.606	Sa	12-12:45pm	\$30/\$37

## SENIOR SWIM TIME!

Seniors can visit the pool for a reduced rate of \$2 all day Tuesdays!



## Planning a

## Special Event or a meeting?

Come see the newly renovated meeting spaces and warming catering kitchen at the Herndon Community Center. The Center can accommodate sit-down functions up to 375 people or provide meeting space for up to 100 people.

Call **703-787-7300** to arrange a tour of our facilities.



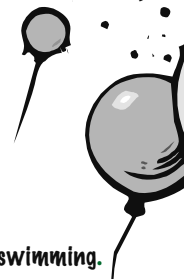
## Birthday Pool Parties!

Plan your child's next birthday celebration at the newly renovated Herndon Community Center.

#### Party packages include:

- a decorated party room (for one hour)
- balloons
- drinks and cake
- goodie bags
- and of course unlimited swimming.

Plus, we can coordinate a party featuring a nature theme. (Details p. 21)



**Call 703-787-7300**

## Early Bird Aquatic Exercise

### Ages 18 & up

Start your day with this high-intensity, cardiovascular workout! Held in the deep water, participants will wear ankle cuffs to provide buoyancy and resistance. This workout strengthens the core trunk muscles arms and legs.

*Participants must be comfortable in deep water!*

### 36, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4049.101	M/W/F	6:30-7:30am	\$180/\$225

## Therapeutic Water Workout

### Ages 18 & up

This low intensity water exercise program is designed for those with chronic illnesses; i.e. arthritis, painful joints, and general weakness. The class focuses on increasing range of motion, mobility, ambulating, and strengthening. (Seniors: Please see Senior Citizen Discount information on the registration page.)

*Rubber-soled water shoes are strongly recommended.*

### 24, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-May 31</b>			
4047.201	T/Th	10-11am	\$120/\$150



## Senior Water Aerobics

This class is an exercise class for active older adults. It promotes fitness, flexibility, and range of motion. No swimming experience is necessary to become involved. (Seniors: Please see Senior Citizen Discount information on the registration page.)

*Rubber-soled water shoes are strongly recommended.*

### 24, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4048.101	M/W	9-10am	\$120/\$150

### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 16-June 1</b>			
4048.502	F	9-10am	\$60/\$75

## Water Aerobics – Ages 18 & up

This is the total shallow water aerobic workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element, but no swimming experience is necessary. Babysitting is available during this class, please see page 13.

*Rubber-soled shoes are strongly recommended.*

### 24, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-May 31</b>			
4044.202	T/Th	9:30-10:30am	\$120/\$150

## Water Walking – Ages 18 & up

Jump start your spring fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12-ft. area!

*Rubber-soled shoes are strongly recommended.*

### 24, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4046.101	M/W	8-9am	\$120/\$150

### 12, 1 hr sessions

Class	Day	Time	TOH/NR
<b>March 16-June 1</b>			
4046.502	F	8-9am	\$60/\$75

## Aqua Ai Chi – Ages 18 & up

This new water exercise class combines the principles of aquatic exercise, muscular strengthening, and stretching by using a combination of simple exercises and relaxation techniques. Exercises are performed slowly in a natural and flowing progression using the arms, legs and torso. Benefits of Ai Chi include increased metabolism and circulation and improved balance and flexibility. Come and see what Ai Chi can do for you.

### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 14- May 30</b>			
4050.201	W	10-11am	\$60/\$75
4050.202	W	11am-12pm	\$60/\$75

**RECREATION...**  
**THE BENEFITS ARE ENDLESS**  
• maintain or obtain good physical health

## Deep Water Aerobics

### Ages 18 & up

Get to work refreshed. Join us for an intense, deep water cardiovascular workout. No impact, lots of cardio to help strengthen and tone your muscles. Flotation devices will be used periodically but participants must be able to tread water.

### 24, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-May 31</b>			
4043.107	M/W	7:30-8:30am	\$120/\$150

## Deep Water 1 – Ages 18 & up

This class offers a high intensity, no impact, cardiovascular challenge with an additional benefit of muscle toning and strengthening. No swimming skills are necessary but participants must be comfortable in deep water.

### 24, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4045.101	M/W	6:30-7:30pm	\$120/\$150
<b>March 13-May 31</b>			
4045.202	T/Th	8:30-9:30am	\$120/\$150

### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 10-June 2</b>			
4045.204	Sa	8-9am	\$60/\$75

## Deep Water 2 – Ages 18 & up

This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids. Students must have previously taken Deep Water 1.

### 24, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4045.105	M/W	7:30-8:30pm	\$120/\$150
<b>March 13-May 31</b>			
4045.206	T/Th	6:30-7:30pm	\$120/\$150





## Get up and get moving!

Regular exercise has been proven to help prevent illness, reduce the risk of injury, relieve stress and just make you feel better. Our fitness classes have been designed to include elements of strength and flexibility training with cardiovascular exercise to give you an excellent workout.

Whether you are looking to try something new or have been exercising for years, our fitness programs will be able to meet all of your needs. Before starting any exercise program, please consult your doctor.

Passholders and those paying the daily admission fee are eligible to take any of our fitness and aerobics classes at no additional charge. Some classes may reach capacity or have limited specialty equipment available for drop-in students. See page 2 for details on becoming a passholder and receiving all the benefits the Herndon Community Center offers for your health and fitness needs.

Kid Care is available. See page 13.

## Exercise, Health & Fitness Classes are designed for ages 16 & up.

### Please bring fitness mat!

Make sure to register early to guarantee your space in a fitness class. These sessions are always popular, and we don't want you to miss out!

## Make a new healthy habit – EXERCISE!

It takes 3-4 weeks to establish a new habit.  
Sign-up for a fitness class to get started.

## Gymside & Trailside Walkers

Walking can add years to your life and life to your years. Gymside and Trailside Walkers have indoor and outdoor trails set up for walking, so no matter what the weather is you can still walk. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

**Monday – Friday 7:30- 9am**

## STRENGTH AND FITNESS CLASSES

### Total Body Conditioning

This class is a total body strength class, which includes balance, functional core stability, and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga and Pilates based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation! A total body strength workout to jump-start your metabolism!

#### 27, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 13</b>			
4241.101	M/W	9-10am	\$108/\$135
4241.103	M/W	6-7pm	\$108/\$135
4241.102	M/W	7:10-8:10pm	\$108/\$135

#### 14, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-June 12</b>			
4241.104	T	7-8pm	\$56/\$70

### AB Core

Get ready to work and feel your muscles to the core! This powerful strength class will build core stability as you strengthen your trunk muscles. A variety of equipment will be used such as stability balls, tubes, bodyweight, and more, in a format focusing on slow, controlled movements.

#### 27, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 13-June 12</b>			
4241.200	T/Th	12:15-1pm	\$108/\$135

### Beginner Strength & Sculpt

Tone your upper and lower body with this beginner strength training class for people who have little or no knowledge of strength training. Using light weights and resistance tubing, this class will focus on proper form and sculpting specific muscle groups with gradually increasing repetitions/weight. This is a non-aerobic class. *Seniors: Please see the senior discount information on the registration page.*

#### 27, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-June 12</b>			
4241.100	T/Th	11am-12pm	\$108/\$135

## FLOOR AEROBIC CLASSES

### Cardio Blast

Have fun, and burn calories with 35 minutes of hi-low floor aerobics combined with cardio kickboxing moves to get your body moving and your heart pumping followed by 25 minutes of strength and flexibility work to strengthen, tone, and define your muscles. Put on your cross training shoes, and come have a blast!

#### 27, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-June 12</b>			
4242.102	T/Th	7:15-8:15pm	\$108/\$135

### Cardio Kickboxing

Give your body the total workout! Using basic kicks, punches, and some martial arts training techniques, you'll see gains in agility, strength, balance, coordination, and cardio fitness. It's a fun, cardio-based class that will literally kick your butt into shape!

#### 27, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-June 12</b>			
4242.200	T/Th	7-8pm	\$108/\$135
(No drop-in)			

## COMBINATION FLOOR & STEP AEROBICS

### Step and Stability Ball

This energizing class is a combination of cardio step and core strength training using the stability balls. These two together will burn lots of calories and get your heart pumping. The stability balls are excellent for building core strength and improving everyday, functional movements.

#### 14, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 14-June 13</b>			
4245.100	W	12-12:45pm	\$56/\$70

### Cardio Plus

Step! Hi-Lo! Work your heart, and burn the fat! Emphasis is on the cardio, but you will have the chance to work your muscles with weights and self-resistance—a perfect balance! This is a fun class, and you will love the results.

#### 27, 1.25 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-June 12</b>			
4242.201	T/Th	9:30-10:45am	\$108/\$135



## SCHEDULE OF CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-7 Step & Sculpt	6-7 Total Body Conditioning	6-7 Step & Sculpt	6-7 Step & Sculpt	
	9-10 Total Body Conditioning		9-10 Total Body Conditioning		9:15-10:15 Step & Sculpt Inter.	
9:30-10:30 Total Body Conditioning		9:30-10:45 Cardio Plus		9:30-10:45 Cardio Plus		9-10 Cardio Blast
11-12 Step & Sculpt Inter/Adv		11-12 Beg. Strength & Sculpt		11-12 Beg. Strength & Sculpt		11-12 Zumba
	12-12:45 Fat Burn Plus	12:15-1 AB Core	12-12:45 Step & Stability Ball	12:15-1 AB Core		
	5-6pm Zumba					
	6-7 Total Body Conditioning	5:50-6:50 Step & Sculpt	6-7 Total Body Conditioning	5:50-6:50 Step & Sculpt		
	7:10-8:10 Total Body Conditioning	7-8 Cardio Kickboxing Total Body Conditioning	7:10-8:10 Total Body Conditioning	7-8 Cardio Kickboxing		
	7:15-8:15 Step & Sculpt	7:15-8:15 Cardio Blast	7:15-8:15 Step & Sculpt	7:15-8:15 Cardio Blast		

### Step & Sculpt

This class will get your heart pumping and leave you feeling strong. Start with calorie burning step, along with sculpting and strengthening your muscles using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

#### 27, 1 hour sessions

Class	Day	Time	TOH/NR
March 12-June 13			
4242.203	M/W	7:15-8:15pm	\$108/\$135

#### 27, 1 hour sessions

Class	Day	Time	TOH/NR
March 13-June 12			
4242.204	T/Th	5:50-6:50pm	\$108/\$135

### "EARLY BIRD" WORKOUTS

Designed so you can workout, shower, dress and still get to work on time.

### Step & Sculpt

#### 27, 1 hour sessions

Class	Day	Time	TOH/NR
March 13-June 12			
4243.101	T/Th	6-7am	\$108/\$135

#### 14, 1 hour sessions

Class	Day	Time	TOH/NR
March 16-June 15			
4243.102	F	6-7am	\$56/\$70

### Total Body Conditioning

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-June 13			
4243.106	W	6-7am	\$48/\$60

### WEEKEND WARRIORS

### Step & Sculpt Intermediate

The same great class, but with a raised level of intensity.

#### 14, 1 hour sessions

Class	Day	Time	TOH/NR
March 16-June 15			
4243.103	F	9:15-10:15am	\$56/\$70

### Total Body Conditioning

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
March 11-June 10			
4243.106	Su	9:30-10:30am	\$48/\$60

### Step & Sculpt Intermediate/Advanced

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
March 11-June 10			
4243.104	Su	11am-12pm	\$48/\$60

### Cardio Blast

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
March 10-June 2			
4243.105	Sa	9-10am	\$48/\$60



### Boot Camp for Women & Men

#### Dedication Determination Motivation Fun!

Come join the Boot Camp for Women or Boot Camp for Men Program. Both are challenging outdoor programs that focus on improving your cardiovascular stamina and increasing your muscle tone and strength while decreasing your body fat and changing your body composition. Each session consists of highly-structured and unique workouts that will make you sweat.

The program is suitable for all ability levels, and the workouts are tailored to each person. You will receive a great workout regardless of your body type or fitness level. A monthly fitness analysis will also help you gauge your progress along the way. We'll help you achieve unbelievable results!

To learn more, call 1-877-62SHAPE (877-627-4273), or visit our website at [www.FIRResults.com](http://www.FIRResults.com)

Held at Herndon Community Center  
Monday through Friday  
6-7am & 7:30-8:30am  
New sessions begin monthly

**Guaranteed results!**





## Introduction to Weight Lifting

– Ages 12-16

**NEW**

This class is designed for adolescents who are interested in weight lifting. The main focus for this class is learning safe weight lifting exercises. This class will also introduce basic exercises specific to certain body parts, breathing techniques, and will teach students how to track their own progress by recording their workouts. This class will emphasize the importance of physical fitness and muscular development for healthy living.

### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 15-May 31</b>			
4247.300	Th	6-7pm	\$24/\$30

## Cardio Fat Burn Plus

Ages 16 & up

**NEW**

A challenging and fun workout that incorporates cardio training with intense strength training for maximum fat burning! Can you say...overload??? You'll never get bored or think about your To-Do list. This class will keep you coming back week after week!

### 12, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4247.303	M	12-12:45pm	\$48/\$60

## Zumba Fitness – Ages 16 & up

**NEW**

Zumba Fitness is a Latino influenced dance style class that combines high energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior



dance experience is necessary. Wear comfortable workout clothing and sneakers.

### 14, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 18</b>			
4247.301	M	5-6pm	\$56/\$70
<b>March 10-June 16</b>			
4247.302	Sa	11am-12pm	\$56/\$70



RECREATION...

**THE BENEFITS ARE ENDLESS**  
• learn new skills and become a more well-rounded person

## Enjoy the Improved Fitness Room... larger and more spacious than ever before!

- NEW cardio equipment—treadmills, elliptical trainers, bikes, and a rowing ergometer machine
- NEW free weights and multi-use benches, an Olympic bench, Smith Machine, and cable crossover machine
- Cybex Equipment, with NEW additions to the circuit
- Closed-circuit TV's, stretching mats, and *MUCH MORE!*
- Come meet our Fitness Specialist, Liz Judge, who will be your guide on the path to better physical fitness!



If you are interested in registering for any Fitness Services and/or Personal Training, please call **703-435-6800, ext. 2127** to schedule an appointment. All services will be scheduled according to both the trainer and the participant's availability. You may not register for these services without first scheduling with the Fitness Specialist. Once an appointment has been scheduled, you may then register for the program. **See page 16 for more details.**

## Kid Care

**Take advantage of the expanded drop-off babysitting service, run by our friendly staff.**

**Monday-Friday 7-10:45am and 5-8:30pm**

**Saturday and Sunday 9am-12pm**

- \$4 for 2 hours
- \$45 for 15-visit punch pass
- \$60 for 25-visit punch pass.

Drop-ins are admitted daily on a space-available basis.

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout, or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule, and convenient punch-passes simplify the registration and payment process. Sorry, staff will not change diapers.

NOTE: Parents or guardians must be registered for a recreation class at the community center during Kid Care or be using the center's facilities. Parents must stay in the building the entire time. There is a two-hour limit for children participating in the babysitting service.

## Hershey Track and Field

**Saturday, May 12, 9:30am**

**Herndon High School**

**Ages 9-14**



The Hershey Track and Field meet is co-sponsored by the Herndon Parks and Recreation Department and Hershey Foods Corporation in conjunction with the National Recreation and Park Association and the President's Council on Physical Fitness & Sports.

- Compete in running, throwing, and jumping activities in your respective age group
- Winners have the opportunity to advance to district, state and national meets!
- Registration forms available at the Herndon Community Center beginning in mid-April.
- All participants must pre-register prior to May 9, 2007. Race-day registrations not accepted.



### YOGA/PILATES

#### Kundalini Yoga – Ages 16 & up

Kundalini Yoga is an ancient system of self-healing using rhythmic breathing, yoga sets (series of postures), guided relaxation and meditation, to help relieve stress and tension while also creating a healthy body. Wear comfortable clothing, and bring a yoga mat at least 3/16" thick, and a lightweight blanket. Suitable for beginners and all levels.

##### 12, 1.5 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4247.101	M	7:30-9pm	\$79/\$99
<b>March 15-May 31</b>			
4247.103	Th	7-8:30pm	\$79/\$99

#### Hatha Yoga – Ages 16 & up

Hatha Yoga uses a combination of breathing techniques and physical postures, called "asanas," to release tension in the body and relieve stress while building strength, increasing flexibility and endurance. Wear comfortable clothing and bring a yoga mat, at least 3/16" thick, and a lightweight blanket. Classes are appropriate for beginning or continuing students, with the exception of Intermediate Yoga. At least one previous session of yoga at HCC or other previous yoga experience is required to register for Intermediate Yoga.

##### Beginner

##### 12, 1.5 hour sessions

Class	Day	Time	TOH/NR
<b>March 11-June 10</b>			
4247.106	Su	11:45am-1:15pm	\$79/\$99

##### Intermediate

##### 12, 1.5 hour sessions

Class	Day	Time	TOH/NR
<b>March 11-June 10</b>			
4247.104	Su	1:30-3pm	\$79/\$99

##### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 14-May 30</b>			
4247.107	W	7-8pm	\$58/\$72

#### Fencing – Ages 9 & up

Try something new and exciting this spring. The sport of fencing is suitable to all ages and is taught by Takashi Iwasawa, a four-year varsity fencer at Harvard University. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

##### 11, 2 hour sessions

Class	Day	Time	TOH/NR
<b>March 18-June 10</b>			
4764.101	Su	6-8pm	\$62/\$77

#### Lunch Time Yoga – Ages 16 & up

Leave the demands of work behind for a while by taking this course offered conveniently at lunch time. Our instructor will help you focus and re-energize yourself by using controlled breathing and meditation. After taking this class you will see how 45 minutes can change your entire week. Wear comfortable clothing, and bring a yoga mat, at least 3/16" thick, and a lightweight blanket.

##### 12, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 13-May 29</b>			
4247.102	T	12:15-1pm	\$58/\$72

#### Lunch Time Pilates – Ages 16 & up

Instead of going out for lunch, come inside the Herndon Community Center for a quick and effective workout. By using stretching and strengthening exercises to tone muscle, improve posture, and provide flexibility, you'll get a great core workout that will help you achieve stronger abs, longer leaner muscles, heightened body awareness, and enhance your athletic performance. Wear comfortable clothing, and bring a Pilates mat, at least 3/16" thick, and a lightweight blanket.

##### 12, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 14-May 30</b>			
4247.108	W	12:30-1:15pm	\$58/\$72

#### Feldenkrais (Awareness Through Movement Method) – Ages 16 & up

This is a method of movement re-education that teaches people to move with greater ease and with less effort, making daily life easier. In the Awareness Through Movement group lessons, the instructor verbally guides students through a sequence of gentle movements so they learn to let go of limiting habits. This technique will help to ease chronic problems, minimize pain, enhance flexibility, balance and coordination. This class is suitable for young and old. Wear comfortable clothing, and bring a mat, at least 3/16" thick, and a lightweight blanket.

##### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-May 29</b>			
4247.202	Tu	6-7pm	\$48/\$60
<b>March 14-May 30</b>			
4247.201	W	10-11am	\$48/\$60

##### 12, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 15-May 31</b>			
4247.200	Th	12-12:45pm	\$48/\$60



### MARTIAL ARTS

#### Shotokan Karate – Ages 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata), and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

##### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 16-June 1</b>			
4767.101	F	7:05-8:05pm	\$53/\$66

#### Intro to Tae Kwon Do – Ages 7-14

Tae Kwon Do is the world's most popular martial art and new Olympic sport. Its popularity is due to its many physical benefits (strength, aerobics, flexibility, agility) and even more important, mental benefits (enhanced focus, confidence, discipline and respect). TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H.K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

##### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 14-May 30</b>			
4227.101	W	6-7pm	\$53/\$66

#### Kendo – Ages 13 & up

Kendo is the traditional art of Japanese fencing using a bamboo sword, the shinai. Equipment is available for purchase from the instructor.

##### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 18-May 13</b>			
4227.102	Su	10:30-11:30am	\$53/\$66



## Gymnastics Guidelines

**Beginning:** No experience necessary

**Advanced Beginner:** Cartwheels/Not afraid to go upside down on bars/Walk on high beams

**Advanced Beginner II:** Pullover/Round-off/Squat over

**Intermediate:** Handstand/Kick-over/Squat on/Pullover/Bridge kick-over/Cartwheel on low beam

**Advanced:** Back walkover/Cartwheel (high beam)/pullover

Our program includes instruction in floor exercise, balance beam, uneven parallel bars and vaulting. Children are grouped by age and ability. Students advance based on skill and form. Separate classes have been designed for boys and girls due to the different areas of specialization.

Levels should be repeated to acquire the skills needed to advance. Instructors reserve the right to suggest appropriate level based on skill reviews. The HPRD gymnastics program reserves the right to dismiss a student from a class if they are below the skill level necessary to complete the class.

## GYMNASTICS FOR GIRLS

### Beginner – Ages 5-8

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4722.103	M	3-4pm	\$79/\$90
<b>March 12-June 4</b>			
4722.104	M	4-5pm	\$79/\$90
<b>March 14-May 30</b>			
4722.105	W	6-7pm	\$79/\$90
<b>March 16-June 1</b>			
4722.106	F	4:30-5:30pm	\$79/\$90
<b>March 17-June 2</b>			
4722.118	Sa	12-1pm	\$79/\$90

### Advanced Beginner – Ages 6-11

#### 12, 1.5 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4722.112	M	4-5:30pm	\$108/\$135
<b>March 14-May 30</b>			
4722.113	W	4:30-6pm	\$108/\$135
<b>March 16-June 1</b>			
4722.114	F	5:30-7pm	\$108/\$135
<b>March 17-June 2</b>			
4722.119	Sa	12-1:30pm	\$108/\$135

### Advanced Beginner II – Ages 6-11

#### 12, 1.5 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4722.115	M	5:30-7pm	\$108/\$135

## Intermediate/Advanced

Ages 6 & up

#### 12, 1.5 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4722.116	M	5:30-7pm	\$108/\$135
<b>March 16-June 1</b>			
4722.117	F	5:30-7pm	\$108/\$135

## GYMNASTICS FOR BOYS

Instruction in floor exercise, parallel bars, and vaulting. As boys specialize in different events than girls, only boys may register for these classes.

### All Levels – Ages 5-10

#### 12, 1 hour session

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4722.301	M	3-4pm	\$72/\$90
<b>March 16-June 1</b>			
4722.303	F	4:30-5:30pm	\$72/\$90

### All Levels – Ages 5-10

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 14-May 30</b>			
4722.302	W	6-7pm	\$72/\$90

## GYMNASTICS FOR YOUNG BEGINNERS (BOYS & GIRLS)

Ages 4-6

#### 12, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 15-May 31</b>			
4722.305	Th	9:15-10am	\$72/\$90
<b>March 17-June 9</b>			
4722.306	Sa	11-11:45am	\$72/\$90

### Parent Observation of Classes:

To ensure an independent learning experience and to foster a quality, and rewarding learning environment in our youth classes, parents shall remain outside the classroom. In swim classes parents may sit in the bleacher area. The class instructor will notify parents if an observation day will be held at the end of the session. If you have a special consideration, please contact the Parks and Recreation Office to speak with the Recreation Program Supervisor.



Photo by Marilola Marquez

## JOIN THE MUNCHKATEERS

A coed movement program combining fitness, elementary gymnastics, rhythm and games. Develop your child's motor coordination, strength, and flexibility. All classes are structured, and children should be ready for group instruction.

### Parent-Child Munchkateers

Ages 2-3

#### 12, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 13-June 5</b>			
4712.202	T	9:15-10am	\$72/\$90
<b>March 16-June 1</b>			
4712.200	F	10:30-11:15am	\$72/\$90
<b>March 16-June 1</b>			
4712.201	F	11:30am-12:15pm	\$72/\$90
<b>March 17-June 9</b>			
4712.207	Sa	9-9:45pm	\$72/\$90

### Munchkateers I – Ages 3-4

#### 12, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4712.203	M	10:30-11:15am	\$72/\$90
<b>March 13-June 5</b>			
4712.204	T	11:15am-12pm	\$72/\$90
<b>March 15-May 31</b>			
4712.205	Th	11:15am-12pm	\$72/\$90
<b>March 16-June 1</b>			
4712.206	F	9:30-10:15am	\$72/\$90

### Munchkateers II – Ages 4-5

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4713.200	M	11:15am-12pm	\$72/\$90
<b>March 13-June 5</b>			
4713.201	T	10:15-11am	\$72/\$90
<b>March 15-May 31</b>			
4713.202	Th	10:15-11am	\$72/\$90
<b>March 16-June 1</b>			
4713.203	F	12:30-1:15pm	\$72/\$90
<b>March 17-June 9</b>			
4713.204	Sa	10-10:45am	\$72/\$90

# Fitness Room & Services

## Fitness Room Orientation

Get to know the NEW Fitness Room better! The Fitness Specialist will take you through the room to introduce and demonstrate the cardio machines, free weights, Cybex equipment, and other fitness equipment. We recommend that all new passholders participate in this orientation to get the most benefit from the Fitness Room and other available Fitness Services. Orientations are held every Wednesday at 7pm.

**Please sign up at the Fitness Room Desk.**

**1, 30 minute session**

**Wednesdays 7pm No Fee**



## Fitness Consultation

Having trouble with your exercise routine or feeling burned out? Discuss your fitness challenges and goals with the Fitness Specialist who will offer suggestions and solutions to get you back on track.

**1, 30 minute session**

**Class TOH/NR  
4270.100 \$10/\$10**



## Body Composition Testing

A fitness consultation is included as part of this service. Using proven methods, the Fitness Specialist will determine your body composition (fat mass & lean mass) through skinfold measurements. A follow-up consultation will provide you with valuable information about your current state of health, and give direction for your physical training.

**2, 30 minute sessions**

**Class TOH/NR  
4271.100 \$20/\$20**



## Exercise Program Design

A fitness consultation is included as part of this service. Based on your fitness goals and aspirations, the Fitness Specialist will design an 8-week exercise program for you. (NOTE: This service does not include Body Composition Testing or a Fitness Assessment.)

**2, 30 minute sessions**

**Class TOH/NR  
4272.100 \$30/\$30**



*Please Note: You are responsible for forming your own group for group training. Groups will not be assigned randomly by the Parks and Recreation Department.*

## Fitness Assessment and Evaluation

A fitness assessment is a great way to understand how your body is performing physically. This service includes a fitness consultation, as well as the option to have an exercise program designed specifically for you using your assessment results. Using scientifically-proven methods, the Fitness Specialist will physically test and evaluate you in the following areas: height & weight, body composition, posture, range of motion, flexibility, muscular strength & endurance, and cardiovascular endurance. A follow-up consultation is provided to give you an analysis of your test results, as well as your personalized exercise program (if applicable).

**2, 30 minute sessions (NO program development)**

**Class TOH/NR  
4273.100 \$50/\$50**



**4, 30 minute sessions (WITH program development, post-program assessment, and evaluation included)**

**Class TOH/NR  
4273.101 \$75/\$75**



## Personal Training

Personal Training is a great way to *UP* your level of fitness! Whether you are looking for an introduction to different training methods or exercises, or seeking a long-term fitness program, your Personal Trainer is there to help you meet your fitness goals—lose weight, build strength, gain flexibility, run a marathon... we can get you there! You can train One-on-One (you and your trainer), Two-on-One (you, a training partner, and your trainer), or Group Training (you, 2-4 training partners, and your trainer). Each package includes a full Fitness Assessment and Evaluation, a detailed, custom-designed exercise regimen, and a Personal Trainer to be with you every step of the way!

**Read about our new personal trainer. See info on page 29.**

## Personal Training Fees

Town of Herndon Resident			Non-Resident		
One-on-One Personal Training					
1, 30 minute session 4274.100      \$30	1, 1 hour session 4274.101      \$50	1, 30 minute session 4274.100      \$30	1, 1 hour session 4274.101      \$50		
6, 30 minute sessions 4274.102      \$105	6, 1 hour sessions 4274.103      \$210	6, 30 minute sessions 4274.102      \$120	6, 1 hour sessions 4274.103      \$240		
10, 30 minute sessions 4274.104      \$150	10, 1 hour sessions 4274.105      \$300	10, 30 minute sessions 4274.104      \$175	10, 1 hour sessions 4274.105      \$350		
Two-on-One Personal Training					
1, 1 hour session    4274.106      \$65	1, 1 hour session    4274.106      \$65				
6, 1 hour sessions    4274.107      \$300	6, 1 hour sessions    4274.107      \$360				
10, 1 hour sessions    4274.108      \$450	10, 1 hour sessions    4274.108      \$550				
Group Training (3 per group)					
6, 1 hour sessions    4274.109      \$360	6, 1 hour sessions    4274.109      \$429				
10, 1 hour sessions    4274.112      \$550	10, 1 hour sessions    4274.112      \$650				
Group Training (4 per group)					
6, 1 hour sessions    4274.110      \$480	6, 1 hour sessions    4274.110      \$540				
10, 1 hour sessions    4274.113      \$750	10, 1 hour sessions    4274.113      \$850				
Group Training (5 per group)					
6, 1 hour sessions    4274.111      \$600	6, 1 hour sessions    4274.111      \$660				
10, 1 hour sessions    4274.114      \$950	10, 1 hour sessions    4274.114      \$1,050				

## Towne Square Singers

### "1940's Sentimental Journey"



Herndon Towne Square Singers invite you to join them for a nostalgic journey through the most influential decade in American history. Enjoy radio shows like Burns & Allen, Abbott & Costello, and The Lone Ranger. Music from Broadway's State Fair, Oklahoma!, and Pal Joey will be featured. This concert will also feature great blues from Masters such as Duke Ellington and will cover the invention of Bebop.

All performances held at the Industrial Strength Theater, 269 Sunset Park Drive, Herndon. Tickets are available at the Herndon Community Center or by calling 703-787-7300.



Tickets: \$10

Friday, April 27, 7:30pm  
4321.050

Saturday, April 28, 7:30pm  
4321.051

Sunday, April 29, 2pm  
4321.052

## EASTER EGG HUNT

### RAIN OR SHINE!

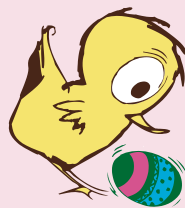
**Saturday, April 7**  
**Herndon High School Front Lawn**  
**700 Bennett Street**

Join the Easter Bunny for all the Eggcitement at the Herndon Parks & Recreation Annual Easter Egg Hunt. Over 7,000 candy and toy-filled eggs. As part of your registration, you and your children can visit FUNLAND, which will include Magic Shows, a food vendor, a petting zoo, Cameron the Caterpillar, a big slide, and a Moon Bounce. Each age group will have its own egg hunt. The Easter Bunny will make a grand entrance and stay for great photo opportunities. Bring your own basket or bag for collecting eggs.

\*Hunts begin promptly at the scheduled times.



<b>Egg Hunt for Ages Walking-3</b>	<b>4561.601</b>	<b>10:30am</b>
<b>Egg Hunt for Ages 4-5</b>	<b>4561.602</b>	<b>11:00am</b>
<b>Egg Hunt for Ages 6-7</b>	<b>4561.603</b>	<b>10:45am</b>
<b>Egg Hunt for Ages 8-9</b>	<b>4561.604</b>	<b>11:15am</b>



Tickets can be purchased in advance or at the event.  
\$6-Advance/\$8-At Event

**ON-SITE REGISTRATION: 9:15-10:15am**

**FUNLAND: 10am-12:30pm**

### SPRING 2007 OPEN GYM SCHEDULE

Monday	11:30am-2 pm	Adult Basketball
	6-8:15 pm	1/2 Adult Basketball
	8:15-10:30 pm	Adult Basketball
Tuesday	8:15-10:30 pm	1/2 Adult Basketball & 1/2 Adult Volleyball
Wednesday	11:30 am-12:30 pm	1/2 Adult Basketball
	12:30-2:30 pm	Adult Basketball
	8:15-10:30 pm	Adult Volleyball
Thursday	1:30 pm-2:30 pm	Adult Basketball
	6-8 pm	Adult Basketball
Friday	11:30 am-1 pm	1/2 Adult Basketball
	1:30-2:30 pm	Adult Basketball
	6-7 pm	1/2 Adult Basketball
	7-10:30 pm*	1/2 Adult Basketball & 1/2 Adult Volleyball
Saturday		HYOB League Games
Sunday	8 am-1 pm	1/2 Youth Basketball & 1/2 Adult Basketball
	1-6 pm	1/2 Adult Volleyball & 1/2 Adult Basketball

Youth = 17 years & under

Subject to change. Check monthly schedule.

\*Canceled during Teen Nights

### SUPER SHOOTER BASKETBALL CONTEST

Sponsored by Herndon Parks & Recreation

**Sunday, March 4, 1:15pm**

Herndon Community Center

Registration: 12:15-1:00pm

Age Groups: Girls 9-10; 11-12; 13-14; 15-17  
Boys 9-10; 11-12; 13-14; 15-17

**Ages 9-10 & 11-12**

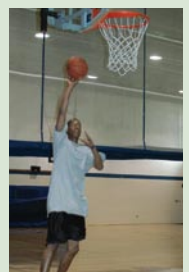
-15 foul shots attempted – 1 point per made shot.  
Most points wins.

**Ages 13-14 & 15-17**

-12 foul shots attempted – 1 point per made shot  
-5 three point shots attempted – 2 points per made shot. Most points wins.

Awards to top three finishers in each age group. Anyone interested in volunteering, please come to the Herndon Community Center at 11:40am.

**3764.202**  
**Fee: FREE!**





## BREADY PARK INDOOR TENNIS

Monday - Friday: 6am-10:30pm  
Saturday & Sunday: 8am-10pm  
Open through April 22, 2007

## INDOOR TENNIS

### PEE WEE TENNIS

#### Beginner – Ages 4-5

Beginning tennis fundamentals. Pee Wee should come with own tennis racquet (can be purchased at local discount store in sporting section).

#### 4, 30 minute sessions

Class	Day	Time	TOH/NR
<b>March 5-26</b>			
4711.147	M	4-4:30pm	\$17/\$21
4711.148	M	4:30-5pm	\$17/\$21
<b>March 8-29</b>			
4711.145	Th	4-4:30pm	\$17/\$21
4711.146	Th	4:30-5pm	\$17/\$21

## YOUTH

All students must provide their own racquet and wear tennis shoes.

Class ratio will not exceed 6 students to 1 instructor.

#### Beginner – Ages 6-8

#### 4, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 5-26</b>			
4721.141	M	4-5pm	\$34/\$42
<b>March 10-31</b>			
4721.142	Sa	9-10am	\$34/\$42

#### Beginner – Ages 9-15

#### 4, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 5-26</b>			
4721.241	M	5-6pm	\$34/\$42
<b>March 7-28</b>			
4721.242	W	5-6pm	\$34/\$42
<b>March 10-31</b>			
4721.243	Sa	10-11am	\$34/\$42

#### Advanced Beginner – Ages 6-8

Must have approval of instructor or have taken a minimum of 6, 1 hour beginner classes.

#### 4, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 7-28</b>			
4721.261	W	4-5pm	\$34/\$42
<b>March 8-29</b>			
4721.262	Th	5-6pm	\$34/\$42



#### Advanced Beginner – Ages 9-15

Must have approval of instructor.

#### 4, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 5-26</b>			
4721.345	M	5-6pm	\$34/\$42
<b>March 6-27</b>			
4721.342	T	4-5pm	\$34/\$42
<b>March 9-30</b>			
4721.343	F	4-5pm	\$34/\$42
<b>March 10-31</b>			
4721.344	Sa	11am-12pm	\$34/\$42

#### Intermediate – Ages 12-15

Must have approval of tennis manager (call 703-435-6800x2114) or enroll on wait list.

#### 4, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 6-27</b>			
4721.442	T	5-6pm	\$34/\$42
<b>March 9-30</b>			
4721.443	F	5-6pm	\$34/\$42
<b>March 10-31</b>			
4721.444	Sa	12-1pm	\$34/\$42

## ADULT 16 & UP

#### Beginner – (1.0-1.5)

#### 6, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 10-April 14</b>			
4741.143	Sa	9-10am	\$60/\$75

### Special Doubles Tennis for Adults/Seniors

Under 60 - \$46 / 60 & Over \$42

#### 6, 1.5 hour sessions

Class	Day	Time
<b>March 5-April 9</b>		
4751.241	M	12-1:30pm
<b>March 8-April 12</b>		
4751.242	Th	12-1:30pm

### Reserve Tennis Court Time for the 2007-08 Season

We will begin to process seasonal contract rental requests April 16, 2007.

TOH residents have priority until April 29. Starting April 30, all other requests will be honored on a first-come basis.

For more information, call Bob Hilferty at **703-435-6800 x2110**

#### Advanced Beginner – (2.0-2.5)

Must have approval of instructor or have skills to participate at this level to register.

#### 6, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 5-April 9</b>			
4741.241	M	11am-12pm	\$60/\$75
<b>March 10-April 14</b>			
4741.243	Sa	10-11am	\$60/\$75
<b>4, 1 hour sessions</b>			
Class	Day	Time	TOH/NR
<b>March 10-31</b>			
4741.244	Sa	1-2pm	\$40/\$50

### Intermediate Doubles Play & Strategy – (3.0-3.5)

Must have approval of instructor or skills to participate at this level to register.

#### 6, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 10-April 14</b>			
4741.343	Sa	11am-12pm	\$60/\$75

### Intermediate/Advanced

(3.5-4.0)

Must have approval of instructor or skills to participate at this level to register.

#### 6, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 10-April 14</b>			
4741.441	Sa	12-1pm	\$60/\$75





## OUTDOOR TENNIS CLASSES

Adult and youth tennis lessons are offered at the Bready Park Tennis Complex, adjacent to the Herndon Community Center. Classes are organized under the National Tennis Rating Program (NTRP). Refer to the NTRP rating categories listed below before registering for classes.

Completion of a session does not automatically qualify the student to advance to the next level of classes. Please consult your instructor before registering for classes. The HPRD tennis program reserves the right to dismiss a student from a class if they are below the skill level, based on the NTRP ratings, necessary to complete the class.

Students must provide their own racquet, two new cans of tennis balls, and may wear athletic footwear only.

### Spring Break Tennis Camp – Ages 9-15

A great way for kids to spend their break - learning tennis and having fun. The camp will feature on and off court instruction, warm-ups and conditioning. Individual instruction and match play are also included. The camp includes a daily swim – participants must bring a bathing suit and towel every day. Students must provide their own racquet and a new can of balls. In case of inclement weather during the session, other sport activities (such as racquetball, wallyball, and table tennis) may be substituted.

#### 4, 3 hour sessions

Class	Day	Time	TOH/NR
<b>April 2-5</b>			
4721.911	M-Th	8:30-11:30am	\$64/\$80
<b>April 2-5</b>			
4721.912	M-Th	12:30-3:30pm	\$64/\$80
<b>April 9-12</b>			
4721.914	M-Th	12:30-3:30pm	\$64/\$80

### Inclement Weather Policy

A decision on tennis classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions.

**Reminder:** Although it may not be raining at the time of your class, earlier rain may have left the courts unplayable. Please call **703-435-6866** for information. Classes will be made up at the end of the session at the regularly scheduled class time.

## Outdoor Pee Wee Tennis

Ages 4-5

Our innovative program provides the necessary essentials for even the youngest tennis players.

### Session 1

#### 8, 30 minute sessions

Class	Day	Time	TOH/NR
<b>April 16-May 9</b>			
4711.111	M/W	9:30-10am	\$29/\$36
<b>April 16-May 9</b>			
4711.112	M/W	10:10-10:40am	\$29/\$36
<b>April 16-May 9</b>			
4711.113	M/W	10:50-11:20am	\$29/\$36
<b>April 17-May 10</b>			
4711.114	T/Th	4-4:30pm	\$29/\$36
<b>April 17-May 10</b>			
4711.115	T/Th	4:30-5pm	\$29/\$36

### Session 2

#### 8, 30 minute sessions

Class	Day	Time	TOH/NR
<b>May 16-June 13</b>			
4711.211	M/W	9:30-10am	\$29/\$36
<b>May 16-June 13</b>			
4711.212	M/W	10:10-10:40am	\$29/\$36
<b>May 16-June 13</b>			
4711.213	M/W	10:50-11:20am	\$29/\$36
<b>May 17-June 12</b>			
4711.214	T/Th	4-4:30pm	\$29/\$36
<b>May 17-June 12</b>			
4711.215	T/Th	4:30-5pm	\$29/\$36

RECREATION...  
THE BENEFITS ARE ENDLESS  
• balance the scales of  
work and play

## YOUTH

### Beginner – Ages 6-8 (1.0-1.5)

#### Session 1

##### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>April 16-May 9</b>			
4721.117	M/W	5-5:45pm	\$42/\$52
<b>April 17-May 10</b>			
4721.118	T/Th	5-5:45pm	\$42/\$52
<b>April 21-June 16</b>			
4721.116	Sa	9-9:45am	\$42/\$52

#### Session 2

##### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>May 16-June 13</b>			
4721.213	M/W	5-5:45pm	\$42/\$52
<b>May 17-June 12</b>			
4721.214	T/Th	5-5:45pm	\$42/\$52

### Beginner – Ages 9-15 (1.0-1.5)

#### Session 1

##### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>April 17-May 10</b>			
4721.119	T/Th	6-7pm	\$42/\$52
<b>April 21-June 16</b>			
4721.115	Sa	10-11am	\$42/\$52

#### Session 2

##### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>May 17-June 12</b>			
4721.215	T/Th	6-7pm	\$42/\$52

## NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

### 1.0-1.5 Beginner

For those just starting to play tennis. Instruction and practice is focused on getting the ball over the net and proper stroke technique.

### 2.0-2.5 Advanced Beginner

Student has the ability to hit balls that don't require any movement to get into position. He/she is learning to judge the bounce of the ball and to move into position to hit the ball. Instruction and practice is focused on proper stroke technique while moving to the ball and hitting balls at different pace, height, and depth.

### 3.0-3.5 Intermediate

Student uses accepted technique for ground strokes and serves and has the ability to hit balls that require movement and positioning. Student is fairly consistent when hitting medium paced shots, but is not comfortable with all strokes and lacks execution when trying for direction, depth, and power. Student must be able to sustain a rally with ground strokes and volleys. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and practice.

### 4.0-4.5 Advanced

Student has dependable strokes including directional control and depth in both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. This player occasionally forces errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and play.

## Advanced Beginner – Ages 9-15 (2.0-2.5)

### Session 1

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>April 16-May 9</b>			
4721.111	M/W	6-7pm	\$42/\$52
<b>April 17-May 10</b>			
4721.110	T/Th	7-8pm	\$42/\$52

### Session 2

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>May 16-June 13</b>			
4721.211	M/W	6-7pm	\$42/\$52
<b>May 17-June 12</b>			
4721.216	T/Th	7-8pm	\$42/\$52

## Intermediate – Ages 9-15 (3.0-3.5)

### Session 1

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>April 16-May 9</b>			
4721.112	M/W	7-8pm	\$42/\$52
<b>April 21-June 16</b>			
4721.113	Sa	11am-12pm	\$42/\$52

### Session 2

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>May 16-June 13</b>			
4721.212	M/W	7-8pm	\$42/\$52

## Herndon Junior Tennis League

This league will help players develop their skills while also participating in a fun but competitive environment. There will be separate divisions for both boys and girls ages 9-14. Recreational and Masters Divisions are available. Each division will consist of a six match, regular season plus playoffs and is singles play only. Games will consist of an eight-game pro set using no-ad scoring. Matches will be held on Sundays and Mondays with an instructional day to be determined. Play will begin on Tuesday, May 8 and run through the end of June. The registration deadline is May 3. Matches will be held at Bruin Park. Players must provide their own balls for the matches.

**TOH- \$63 / NR-\$76**

**Boys Recreational (ages 8-12) 4725.111**

**Girls Recreational (ages 8-12) 4725.112**

**Boys Masters (ages 10-14) 4725.113**

**Girls Masters (ages 10-14) 4725.114**

## Intermediate & Advanced Drills & Strategy – Ages 9-15 (3.5-4.5)

### Session 1

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>April 21-June 16</b>			
4721.114	Sa	12-1pm	\$42/\$52



## ADULTS – 16 & OLDER

### Beginner – (1.0 – 1.5)

#### Session 1

##### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>April 16-May 9</b>			
4761.122	M/W	6-7pm	\$42/\$52
<b>April 21-June 16</b>			
4761.121	Sa	8-9am	\$42/\$52

#### Session 2

##### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>May 16-June 13</b>			
4761.222	M/W	6-7pm	\$42/\$52

### Advanced Beginner – (2.0-2.5)

#### Session 1

##### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>April 16-May 9</b>			
4761.127	M/W	7-8pm	\$42/\$52
<b>April 21-June 16</b>			
4761.128	Sa	9-10am	\$42/\$52

#### Session 2

##### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>May 16-June 13</b>			
4761.223	M/W	7-8pm	\$42/\$52

## Intermediate Drills & Strategy (3.0-3.5)

### Session 1

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>April 16-May 9</b>			
4761.124	M/W	8-9pm	\$42/\$52
<b>April 21-June 16</b>			
4761.125	Sa	10-11am	\$42/\$52

### Session 2

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>May 16-June 13</b>			
4761.224	M/W	8-9pm	\$42/\$52

## Doubles Play and Strategy

(All levels)

Come with a partner or be paired with one during sessions. These classes will help to develop your skills while also teaching you how to play as a team. Men's, women's, and mixed doubles players are welcome.

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>April 16-May 9</b>			
4751.112	M/W	10-11am	\$42/\$52
<b>May 16-June 13</b>			
4751.113	M/W	10-11am	\$42/\$52

## Fit & Over 50 Tennis

Ages 50 & up-All levels

Stay feeling young and keep your body in shape by taking part in our senior tennis program. Beginners through seasoned players are welcome. Players are grouped according to skill.

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>April 16-May 9</b>			
4761.527	M/W	9-10am	\$42/\$52
<b>May 16-June 13</b>			
4761.528	M/W	9-10am	\$42/\$52

## RACQUETBALL LEAGUE

Join our league, and meet others who share your love of racquetball. You are provided a weekly schedule and then arrange a match with your opponent at your mutual convenience. The season consists of ten games in an eight week regular season. Playoffs will follow the regular season. Failure to play within the week or report scores is considered a forfeit.

#### Divisions:

**4743.101-Beginner 4743.102-Intermediate 4743.103-Advanced**

**TOH-\$70 / NR-\$84**

- Awards to top two finishers in each division.
- Court fees are included in registration fee. Players receive a punch card to be used for league matches during the season.

**Informational meeting:** Thursday, March 1 – 7:30 PM at the Herndon Community Center

**Registration deadline:** Wednesday, March 7. First week of play begins Sunday, March 11.







## Runnymede Park

### NATURE BIRTHDAY PARTIES

Celebrate your Nature birthday at Runnymede Park or at the Community Center. Kids can choose from several themes. Each 1 hour program is designed to entertain as well as educate. Bring your own cake and party favors, picnic tables are available in the park, or you can rent a room at the Herndon Community Center for an additional fee. Call **703-435-6800 x 2113** to reserve your birthday. \$175 for up to 12 kids.

Call the Town Naturalist at **703-435-6800 x 2113** or the Town Community Forester at **703-435-6800 x 2014** if you have questions about wildlife or trees, or if you want to schedule activities in Runnymede Park for

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

Runnymede Park is open from dawn to dusk. The park offers excellent opportunities for hiking, bird watching, nature study and picnicking. Remember all pets must remain on the leash, and please, pick up after your pet!

All nature programs, unless otherwise indicated, **meet at Hunter's Creek Club House** located off Queen's Row.

## Little Nature Inspector

Ages 4-6

The Little Nature Inspector program is a "hands on" approach to teaching environmental education to young children. Every Little Nature Inspector class includes child-safe experiments, park exploration, and plenty of "take homes" to reinforce our lesson. Each class is designed to increase the child's imagination, curiosity, and exposure to our natural world. All programs will be held at RMP unless otherwise noted. Feel free to register for all March, April and May sessions.

## 21st Annual Sugarland Run & Runnymede Park Clean up Day

*Sponsored by The Friends of Runnymede Park, Town of Herndon Parks & Recreation & Dept. of Community Development*

**Saturday, March 17 (Rain date March 31) 8am-12pm**

Meet at the Hunter's Creek Clubhouse off Queen's Row St.

For more information call the Town Forester at **703-435-6800 x 2014**.

Groups: please call to pre-register and get assignments.



## Annual Friends of Runnymede Park Meeting

**Sunday, March 11, 7-9pm**

Herndon Police Department,  
385 Herndon Parkway

Very brief business meeting to elect new officers and report on status of Nature Center planning. Information and refreshments.

## MARCH

### Cherry Blossom Trip – All Ages

Enjoy a nice spring day under the trees at the Tidal Basin to view the cherry blossoms in downtown Washington, D.C. with the Town Forester and the Town Naturalist. Leave the driving and parking to us! Pack a picnic lunch to enjoy by the water. Vans depart from the Herndon Community Center.

**1, 7 hour session**

Class	Day	Time	TOH/NR
<b>March 30</b>			
4363.002	F	9am-4pm	\$8/\$8

### Geology, Archaeology, Paleontology

**3, 1 hour sessions**

Class	Day	Time	TOH/NR
<b>March 6, 13, 20</b>			
4363.001	T	5-6pm	\$40/\$40

### April Showers, May Flowers, June Bugs

**3, 1 hour sessions**

Class	Day	Time	TOH/NR
<b>April 10, 17, 24</b>			
4363.003	T	5-6pm	\$40/\$40

### Sugarland Run Watershed, Stream Exploration, Aquatic Life

**3, 1 hour sessions**

Class	Day	Time	TOH/NR
<b>May 8, 15, 22</b>			
4363.007	T	5-6pm	\$40/\$40

## APRIL

### Reptiles Alive! – All Ages

We'll see live (non-venomous) snakes, toads, and turtles! We will learn about where they live, what they eat, and how they behave. Have you ever held or touched a live snake, or fed a toad? If you are willing, these amazing friendly creatures will certainly allow you to!

**1, 1.5 hour session**

Class	Day	Time	TOH/NR
<b>April 13</b>			
4363.004	F	6:30-8pm	\$7/\$7 per family

### Nature Sketch Workshop – Ages 8 & up



Spend a spring evening observing nature, then translate your observations into the beginnings of a Natural History Journal that you can add your outdoor experiences to throughout your life. We will cover the basics of sketching nature, and interpreting your findings into a field journal.

**1, 1.5 hour sessions**

Class	Day	Time	TOH/NR
<b>April 14</b>			
4363.005	Sa	5-6:30pm	\$8/\$8

## National Arboretum Tour

Adults

Azaleas in Bloom: Visit one of the area's most beautiful preserved habitats. An Arboretum tour guide will lead us through the spectacular azalea gardens, and share the plants and trees from around the world! Bring a bag lunch, for a lawn picnic at the United States State Tree picnic garden area. We will have a walking tour through the National Herb Garden and the National Bonsai Garden. Vans depart from the Community Center.

**1, 5.5 hour session**

Class	Day	Time	TOH/NR
<b>April 27</b>			
4363.006	F	10am-3:30pm	\$7/\$7



## 3rd Annual Kids Trout Fishing Derby – Ages up to 15

Sugarland Run Stream's clear cool waters used to house native trout. You are invited to our 3<sup>rd</sup> Annual Kids Trout Fishing Derby where we will stock the stream with native Rainbow and Brown Trout. All the necessary equipment will be provided to make your day successful! In addition, Trout Unlimited will help you clean and store your beautiful catch. Volunteers will be on hand to teach you how to bait, cast, hook, and cook your freshly-caught dinner. Recipes will be provided. Please wear shoes you do not mind getting wet or muddy (no sandals). Rain or shine.

All kids **MUST** be accompanied by an adult. All equipment will be provided, including bait.

Program meets on the Sugarland Run Stream Trail behind Stuart Woods Apartments. Call for more specific directions.

### 1, 5 hour session

Class	Day	Time	TOH/NR
<b>March 24</b>			
4363.012	Sa	7am-12pm	\$5/\$5

Thanks to the Fraternal Order of Police, Herndon Police Lodge 64 and Trout Unlimited.

**RECREATION...**  
**THE BENEFITS ARE ENDLESS**  
• experience a sense of adventure

## MAY

### Runnymede Park Old Mill Trace – All Ages

Did you know that there used to be a mill in Runnymede Park? Learn all about it, and the effects it had on the park at this program. Hike along Sugarland Run Stream and view the remnants of the old mill. Wear sturdy shoes.

#### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>May 12</b>			
4363.008	Sa	10-11am	\$5 per family

### Spider Search – All Ages

The meadow at Runnymede Park is a great place to search for spiders. Let's catch, study, then release our Arachnid friends as we learn about our web of life and play the Web of Life game.



#### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>May 18</b>			
4363.009	Sa	10-11am	\$5 per family



## Low Impact Canoe Trip

Ages 16 & up

Canoeing is great exercise and great fun. Come paddle your way through the water at Lake Accotink with the Town Naturalist and learn all about Virginia's aquatic habitats. This is a very low impact paddling tour designed for beginners on flat water. All equipment and canoes will be provided. No experience required. Vans depart from the Herndon Community Center.

### 1, 5 hour session

Class	Day	Time	TOH/NR
<b>May 19</b>			
4363.010	Sa	9am-2pm	\$10/\$10

## Kids Fishing Clinic Workshop! – Ages up to 15

(Parents **MUST** accompany their children, and are welcome to learn along with their kids!) Program meets on the Sugarland Run Stream Trail behind Stuart Woods Apartments (*call for more specific directions.*)

Learn about: Casting, Habitat and Fish Biology, Fishing Techniques, Rigs, Lures, Bait, and Simple Knots. All equipment will be provided. Use your new skills at the 3rd Annual Fishing Derby.

### 1, 2 hour session

Class	Day	Time	TOH/NR
<b>March 23</b>			
4363.011	Fri	6-8pm	\$5/\$5

## Herndon Parks

### Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field and a tot lot.

### Bready Park

Located on Ferndale Avenue adjacent to the Herndon Community Center. Facilities at the park include picnic shelter, softball, soccer, 60' baseball field, outdoor basketball, six lighted tennis courts, indoor tennis courts Oct-May, and play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

### Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, picnic shelter and features two tennis courts, softball field, basketball court and open play area. The park is available on a first-come, first-served basis.

### Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a

tot play area, a softball field, and a fenced dog park.

### Cuttermill Park

A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a tot lot, baseball/t-ball fields, walking areas and a multi-purpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available.

### Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, soccer/multi-use field, basketball & volleyball courts, and a play area.

### Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features children's play area, park benches and open play space.

### Runnymede Park

Herndon's 58-acre community nature park is located on Herndon Parkway between Elden Street and Queens Row Street. This unique

park provides excellent passive recreational opportunities and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, birdwatching, nature study and picnicking.

### Spring Street Park

Corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

### Stanton Park

Located on Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. This park is available on a first come, first-served basis.

### Trailside Park

Located on Crestview Drive. The park includes a picnic shelter with picnic tables, grills, play apparatus, volleyball net, and an open play area. The picnic shelter is available for reservations.

## BABY BALLERINAS

### Baby Ballerinas – Ages 2-3

This class will teach basic ballet positions while capturing the children's attention with the powerful force of imagination. This enchanting class will bring a smile to little princesses. Leotards, tights, and ballet slippers are required.

#### 12, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4321.001	M	11:45am-12:30pm	\$65/\$81
<b>March 14-May 30</b>			
4321.019	W	10-10:45am	\$65/\$81
<b>March 10-June 2</b>			
4321.033	Sa	9:15-10am	\$65/\$81

## PRE-BALLET

Learn the basics of ballet along with beginning theory while providing a fun, enjoyable, nurturing experience to ensure a love for the art. Goals include proper posture and the learned choreography of a dance performance for the last day of class to be held for parents and friends.

### Beginner – Ages 3-4

*No experience required.*

#### 12, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4321.002	M	12:30-1:15pm	\$65/\$81
<b>March 13-May 29</b>			
4321.011	T	10-10:45am	\$65/\$81
<b>March 15-May 31</b>			
4321.025	Th	10-10:45am	\$65/\$81
<b>March 10-June 2</b>			
4321.034	Sa	10-10:45am	\$65/\$81

### Intermediate – Ages 4-5

*1 session/6 months experience required.*

#### 12, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4321.003	M	1:15-2pm	\$65/\$81
<b>March 13-May 29</b>			
4321.012	T	10:45-11:30am	\$65/\$81
<b>March 15-May 31</b>			
4321.026	Th	10:45-11:30am	\$65/\$81

### Intermediate/Advanced

**Ages 4-6**

*1 session/6 months experience required.*

#### 12, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 10-June 2</b>			
4321.035	Sa	10:45-11:30am	\$65/\$81

### Advanced – Ages 5-6

*6-9 months experience required.*

#### 12, 45 minute sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4321.004	M	2-2:45pm	\$65/\$81
<b>March 15-May 31</b>			
4321.027	Th	11:30am-12:15pm	\$65/\$81

## BALLET/TAP/JAZZ

### Beginner – Ages 7-12

*No experienced required.*

Students will learn the basic rhythms of tap and jazz, and special stylized movements of ballet.

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 15-May 31</b>			
4321.030	Th	5-6pm	\$65/\$81

### Intermediate – Ages 7-12

*2 sessions/1 year experience required.*

This new class is for students that want to advance in the three different techniques.

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-May 29</b>			
4321.015	T	5-6pm	\$65/\$81

### Intermediate/Advanced

**Ages 7-12**

This class is for students who want to advance in the three different techniques.

*1 year experience required.*

#### 12, 1.5 hour sessions

Class	Day	Time	TOH/NR
<b>March 10-June 2</b>			
4321.038	Sa	1:30-3pm	\$97/\$122



## COMBINATION DANCE

The goal of Combination Dance is to offer the student experience in tap, ballet, and tumbling technique through a series of classes that promote a dancer that has a basic training in both athletic and fluid movement.

### Beginner – Ages 3-5

*No experience required.*

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-May 29</b>			
4321.013	T	11:30am-12:30pm	\$65/\$81
<b>March 14-May 30</b>			
4321.020	W	11am-12pm	\$65/\$81
<b>March 10-June 2</b>			
4321.036	Sa	11:30am-12:30pm	\$65/\$81

### Intermediate – Ages 4-6

*Completion of Beginner Combo required.*

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-May 29</b>			
4321.014	T	12:30-1:30pm	\$65/\$81

### Intermediate/Advanced

*Completion of Beginner and Intermediate Combo required.*

**Ages 4-6**

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 14-May 30</b>			
4321.021	W	12-1pm	\$65/\$81

**Ages 5-8**

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 10-June 2</b>			
4321.037	Sa	12:30-1:30pm	\$65/\$81

### Advanced Level 5 + Jazz

**Ages 6-10**

*By teacher recommendation only.*

#### 12, 1.5 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4321.005	M	3-4:30pm	\$97/\$122





## HIP-HOP DANCE

Hip-Hop is noted for its lively, sometimes very bouncy style, and it's highly energetic and expressively performed. The hip-hop jazz class will emphasize creativity and energy, while incorporating basic jazz steps with the modern styles.

### Beginner – Ages 4-6

*No experience required.*

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 15-May 31</b>			
4321.028	Th	3-4pm	\$65/\$81

#### Ages 7-12

*No experience required.*

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 14-May 30</b>			
4321.022	W	5-6pm	\$65/\$81

### Intermediate – Ages 7-12

*Completion of Beginner session required.*

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 15-May 31</b>			
4321.029	Th	4-5pm	\$65/\$81

### Advanced – Ages 8-10

*Beginner and Intermediate Hip Hop required.*

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4321.006	M	4:30-5:30pm	\$65/\$81

#### Ages 11-15

*Beginner and Intermediate Hip Hop required.*

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4321.049	Sa	5-6pm	\$65/\$81

## TANGO

The most passionate and dramatic of the ballroom dances, the tango originated in Argentina and became popular in the U.S in the 1920's. Join this class to learn the finer points of this beautiful dance or just improve your social skills. Tango doesn't need words; come learn to communicate with your eyes and movements to dramatic music!



## ADULT DANCE

### BALLET

The benefits of ballet include development of good posture, self-discipline, increased flexibility, grace, and fitness. Ballet class includes barre work and floor combinations. Men and women of all ages are welcomed and encouraged. Required class attire: leg covering (tights, leggings, or sweat pants), a leotard or close-fitting T-shirt, ballet slippers or soft-shoes, and hair confined.

*No previous experience needed for adult ballet classes.*

### Early Bird Ballet Technique

#### Ages 16 & up

#### 24, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-May 31</b>			
4321.010	T/Th	6-7am	\$130/\$162

### Ballet Technique – Ages 16 & up

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-May 29</b>			
4321.016	T	6-7pm	\$65/\$81

## SALSA

Salsa has become a very popular dance form in recent years. This dance form originates from South and Latin America. It is the festive style and mood of this dance that has kept it alive. This class will also give you the opportunity to enter the world of social dancing!

### Beginner Salsa – Ages 16 & up

*No experience required.*

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 14-May 30</b>			
4321.023	W	6-7pm	\$65/\$81

### Beginner – Ages 16 & up

*No experience required.*

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 14-May 30</b>			
4321.024	W	7-8pm	\$65/\$81

### Intermediate – Ages 16 & up

*Beginner Tango required.*

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-May 29</b>			
4321.018	T	8-9pm	\$65/\$81

## Intermediate Salsa – Ages 16 & up

*Beginner Salsa required.*

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 13-May 29</b>			
4321.017	T	7-8pm	\$65/\$81

## Adult Salsa – Ages 16 & up

*All Levels*

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 10-June 2</b>			
4321.039	Sa	3-4pm	\$65/\$81

## LATIN DANCE

The Cha Cha, Rumba, and Samba are called the Latin dances that originated from Latin America. Cha Cha is a flirting dance; Samba is a Brazilian carnival dance; while Rumba is a dance of love and passion. Latin dance brings enjoyment through various music rhythms and movement.

## Latin Dance – Ages 16 & up

*No experience required.*

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 15-May 31</b>			
4321.031	Th	6-7pm	\$65/\$81
<b>March 10-June 2</b>			
4321.040	Sa	4-5pm	\$65/\$81

## BELLY DANCE

Belly dance is a fun, low-impact, cardiovascular workout! It works particularly on the torso, promoting abdominal strength, all over flexibility, proper alignment, and great body posture. The beginning class will also focus on the flexibility and rhythms of the Middle East and North Africa. Participants are asked to wear comfortable clothing such as leotard, tights, leggings, or drawstring pants; exercise or dance shoes; a scarf or belt long enough to tie around the hips comfortably; and a piece of lightweight fabric measuring 3 yards by 45 inches.



### Belly 1 – Ages 16 & up

*No experience required.*

#### 12, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-June 4</b>			
4321.007	M	6:30-7:30pm	\$65/\$81

*Belly continues...*



## Belly 2 – Ages 16 & up

12 weeks of experience required.

### 12, 1 hour sessions

Class	Day	Time	TOH/NR
March 12-June 4			
4321.008	M	7:30-8:30pm	\$65/\$81

## Belly With Props – Ages 16 & up

Belly 1 experience required.

### 12, 1 hour sessions

Class	Day	Time	TOH/NR
March 12-June 4			
4321.009	M	8:30-9:30pm	\$65/\$81

## BHANGRA DANCE

Bhangra Dhamaka is a great workout for both men and women. This is a fun and energetic dance that starts with basic steps and ends with a coordinated routine. This class will not only give you a full-body workout, but will also give you rhythm for dancing. Please come to class with comfortable workout clothing.

## Bhangra – Ages 16 & up

No experience required.

### 12, 1 hour sessions

Class	Day	Time	TOH/NR
March 16-June 1			
4321.032	F	6-7pm	\$65/\$81

## PRIVATE DANCE LESSONS

Ages 16 & up

Perfect the steps that you learned in group class or have seen danced at the clubs. We can develop your style and technique. We can build your confidence working one-on-one with an instructor at your own pace. Lessons are available for Tango, Rumba, Salsa, Cha-Cha, and Samba. Also, for your wedding day, we offer instruction for the bride and groom with choreography to your favorite song(s). Classes personally arranged between teacher and students. Call 703-787-7300 to add your name to the list and the instructor will contact you to schedule a mutually convenient time.

### 8, 1 hour sessions

Class	TOH/NR
March 10-April 28	
4321.099	\$256/\$320



RECREATION...

THE BENEFITS ARE ENDLESS

• regain the sense of fun we all had as children

## GROUP ACOUSTIC GUITAR

Learn pop songs, folk songs, and your favorite songs off the radio! This class will focus on introductory guitar techniques. Students will learn how to read music, play chords, finger-picking patterns, and the structure of songs. Students must provide their own instrument – classical or acoustic guitars only.

## YOUTH

### Beginner – Ages 7-12

No experience necessary.

### 12, 1 hour sessions

Class	Day	Time	TOH/NR
March 12-June 4			
4321.042	M	4-5pm	\$65/\$81

### Intermediate – Ages 7-12

8 weeks experience or instructor's approval.

### 12, 1 hour sessions

Class	Day	Time	TOH/NR
March 12-June 4			
4321.043	M	5-6pm	\$65/\$81

### Advanced – Ages 8-12

20 weeks experience or instructor's approval.

### 12, 1 hour sessions

Class	Day	Time	TOH/NR
March 12-June 4			
4321.044	M	6-7pm	\$65/\$81

## ADULTS

### Beginner – Ages 13 & up

No experience necessary.

### 12, 1 hour sessions

Class	Day	Time	TOH/NR
March 12-June 4			
4321.045	M	7-8pm	\$65/\$81

### Intermediate – Ages 13 and up

8 weeks experience or instructor's approval.

### 12, 1 hour sessions

Class	Day	Time	TOH/NR
March 12-June 4			
4321.046	M	8-9pm	\$65/\$81

### Advanced – Ages 13 and up

20 weeks experience or instructor's approval.

Class	Day	Time	TOH/NR
March 14-May 30			
4321.047	W	8-9pm	\$65/\$81

## Private Guitar Lessons

Ages 7 & up

Private lessons are now offered at the Herndon Community Center. Instruction will proceed at the student's pace. If you are interested, call our office at **703-787-7300** and place your name on the list. The instructor will contact you to confirm a time, and then you may register for the class. Instructional book is included in the cost of the class.

### 12, 40 minute sessions

Class	TOH/NR
4321.048	\$165/\$181



## PRESCHOOL

### 2007-2008 PRESCHOOL

Open registration, based on availability. The Community Center Preschool consists of planned activities in arts & crafts, music, nature and games. It is a licensed program and is designed to stimulate the child's development. The program operates 9 a.m. to 12:00 pm or 1-4pm, generally following the Fairfax County School calendar and runs September 2007-June 2008. Registration is taken on a first-come, first-served basis. Children must be potty-trained. Children currently enrolled need to re-register and are not given priority. \$75 non-refundable deposit and child's birth certificate are due at time of registration. Fees are payable on an established payment plan. Call **703-787-7300** for availability and more information.

### September – June

#### Ages 3-4

#### TOH/NR

Tues/Thurs, 9am-Noon

\$950/\$1140

(must be 3 by September 30, 2007)

#### Ages 4-5

Mon/Wed/Fri, 9am-Noon

\$1205/\$1446 OR

Mon/Wed/Fri, 1-4pm

\$1205/\$1446

(must be 4 by September 30, 2007)



## ADULT COOKING CLASSES

Instructor: Sandy Amato

### Quick Breads – Ages 16 & up

Instead of buying that muffin or scone at the coffee shop, you can make your own for a less expensive, healthier alternative. In this class we'll discuss the basics of quick breads, and make fresh muffins, scones and biscuits. With a couple of basic recipes and variation techniques, you'll be limited only by your imagination.

#### 1, 2 hour session

Class	Day	Time	TOH/NR
<b>March 27</b>			
4645.015	T	6:30-8:30pm	\$52/\$52

### Cooking 101: Back to Basics

Ages 16 & up

Whether you're just learning to cook or want to brush up on your skills, this is the place to be. In each session we'll practice knife skills and a different cooking technique. Session 1 will focus on proper knife handling techniques and basic chopping and slicing, along with recipe understanding, and sautéing. Session 2 will continue knife skills with dicing, mincing, and julienne, and we'll learn about roasting and baking.

#### 2, 2 hour sessions

Class	Day	Time	TOH/NR
<b>April 4 &amp; 18</b>			
4645.016	W	6:30-8:30pm	\$104/\$104

### Cooking Healthy is Easy

Ages 16 & up

Quit struggling to get a good, healthy meal on the table during the week. In this class, we'll make quick, easy, healthy meals that taste great. You'll come away with some great quick-cooking techniques, recipes, and short-cuts to make your weeknight cooking a treat instead of a chore.

#### 1, 2 hour session

Class	Day	Time	TOH/NR
<b>May 2</b>			
4645.017	W	6:30-8:30pm	\$52/\$52

**Try one of our many cooking classes in the newly renovated catering kitchen.**

## Mother-Daughter

### Afternoon Tea – Ages 4 & up

Bring your favorite tea cup and enjoy an afternoon making scones, lemon cream, finger sandwiches, and tea cookies. After we're done, we'll brew tea and have our own tea party. Teddy-bears and dolls are welcome.

#### 1, 2 hour session

Class	Day	Time	TOH/NR
<b>May 12</b>			
4645.018	Sa	2-4pm	\$60/pair

### The Well-Stocked Pantry

Ages 16 & up

A well-stocked and organized pantry makes weeknight cooking faster and easier. We'll discuss useful ways to stock and organize your pantry, including the refrigerator and freezer. We'll make entrees right from the pantry and discuss "go-to" recipes. A shopping/pantry list and additional tips will be distributed at class.

#### 1, 2 hour session

Class	Day	Time	TOH/NR
<b>May 29</b>			
4645.019	T	6:30-8:30pm	\$52/\$52

### Grilling – Ages 16 & up

Grilling is the perfect warm-weather cooking method. From meat to veggies to fruit, enjoy some time outside on the patio or deck, and grill up some mouth-watering treats. We'll make a whole meal on the grill using great spice rubs, marinades, and sauces.

#### 1, 2 hour session

Class	Day	Time	TOH/NR
<b>June 9</b>			
4645.020	Sa	2-4pm	\$52/\$52

### Kid's Night Out – Ages 5-11

Need a date night? Enjoy an evening out while your children enjoy a night of fun! PG/G movies, gym games, board games, and much more! Let us provide you with a safe environment for your child and a peaceful night for you! Children will be supervised at all times. Cheese pizza will be served as well as snacks.

Class	Day	Time	TOH/NR
<b>March 23</b>			
4620.501	F	6:30-10pm	\$11/\$11
<b>April 20</b>			
4620.502	F	6:30-10pm	\$11/\$11
<b>May 18</b>			
4620.503	F	6:30-10pm	\$11/\$11

## KIDS COOKING CLASSES

### Feed your Family a Feast

Ages 11-15

Learn to make a four-course dinner of chicken soup, spinach salad, beef roulade and chocolate cake for dessert. Family members are invited for a tasting at the conclusion of the second day of class.

#### 2, 3 hour sessions

Class	Day	Time	TOH/NR
<b>April 2 &amp; 3</b>			
4120.015	M, T	2-5 pm	\$60/\$60

### "Book and Cook" Cloudy with a Chance of Meatballs

Ages 5-7 only

Make delicious chicken meatballs and enjoy Judy Barrett's book Cloudy with a Chance of Meatballs.

#### 1, 45 minute session

Class	Day	Time	TOH/NR
<b>April 9</b>			
4120.017	M	4-4:45pm	\$15/\$15

### Cooking with Kids – Ages 6-10

Hands on cooking with instructor Leanne Guido. Please bring an apron to class.

#### Hot Dogs and Burgers

Create a hot dog man and yummy chicken burgers.

#### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>April 23</b>			
4120.018	M	4-5pm	\$15/\$15

#### Grilled Cheese and Fruit Salad

Learn to make potato chipped grilled cheese and fruit salad.

#### 1, hour session

Class	Day	Time	TOH/NR
<b>May 7</b>			
4120.019	M	4-5pm	\$15/\$15





## WATERCOLOR

### Explorations in Watercolor

Ages 15 & up

This class is designed for the more adventurous painter. We will try to push our painting beyond the ordinary and pursue the exceptional painting. Experience in watercolor painting is necessary. *200 Great Painting Ideas for Artists by Carole Katchen* will be referenced throughout the class. There is a weekly critique of work and regular demonstrations of new ideas or techniques.

#### 8, 2 hour sessions

Class	Day	Time	TOH/NR
<b>April 17-June 5</b>			
4141.008	T	7:30-9:30pm	\$146/\$182

### Beginning Watercolor

Ages 15 & up

This class is a must for anyone contemplating watercolor as a medium. It teaches the basic concepts necessary to paint in watercolor successfully, as well as some of the fun "tricks" of the medium. Color mixing is included.

#### 8, 1.5 hour sessions

Class	Day	Time	TOH/NR
<b>April 17-June 5</b>			
4141.004	T	5:30-7:00pm	\$146/\$182

*No senior discount for Watercolor classes.*

## SCRAPBOOKING

### Finished in Five Scrapbooking Classes

Ages 18 & up

Class participants will complete a 30 page 12 x12 scrapbook. They will learn organization, cropping techniques, layout techniques and will be given opportunity to try a variety of different scrapbooking tools. Supply fee will include the album and all supplies needed. Participants should bring 150 photos and any relevant memorabilia to the first session.

#### 5, 2.5 hour sessions

Class	Day	Time	TOH/NR
<b>March 19-April 16</b>			
4141.005	M	7:30-10pm	\$82/\$102

**RECREATION...**  
**THE BENEFITS ARE ENDLESS**  
• develop creative outlets

## Spring Break Crop Camp for Kids – Ages 7 & up

Each participant will learn organization, cropping techniques, and layout. Each participant will receive a 7x7 photo album and album kit. Participants will need to bring 30-40 photos to camp.

#### 2, 3 hour sessions

Class	Day	Time	TOH/NR
<b>April 3-4</b>			
4141.006	Th/F	9am-12pm	\$50/\$60

## POTTERY

### Beginning/Intermediate Wheel Throwing – Ages 16 & up

Join Guy Zoller to learn pottery-wheel techniques. Cost includes instruction, a limited amount of clay, and use of tools, equipment, glazes, and kiln firing. The class will have lectures and practical demonstrations followed by student's opportunity to work with clay. Students will be provided with 25 lbs. of clay. Additional clay may be purchased for \$15 per bag. Please bring an old towel to class.

#### 8, 3 hour sessions

Class	Day	Time	TOH/NR
<b>March 16-May 4</b>			
4141.001	F	10am-1pm	\$150/\$188

### Intermediate Wheel – Ages 16 & up

For the potter who wants to learn more advanced techniques. This class will focus on decorative forms such as bottles and vases as well as production techniques such as throwing off the hump, repeating forms, and dinnerware. Glazing and more advanced surface treatments will be explored. Students should bring a towel to the first class. 25lbs. of clay included; additional clay may be purchased.

#### 8, 3 hour sessions

Class	Day	Time	TOH/NR
<b>March 14-May 2</b>			
4141.002	W	6:30-9:30pm	\$150/\$188

## PHOTOGRAPHY

### Digital Photography

Ages 16 & up

Join this introduction to digital photography. Learn how to use a digital camera. Instructor will share tips on how to enhance your photographs, best methods for storage and archiving of images.

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>March 14-May 2</b>			
4141.010	W	7-8pm	\$69/\$86

## RUBBER STAMPING/ CARDMAKING

### All-Occasion Card Class I

Ages 15 & up

Join Julie Saylor for an evening of card making. Students will learn and utilize basic rubber stamping techniques to make 10 unique cards for all-occasion use. A variety of sentiments will be available. Envelopes will be provided. Students should bring: fine detail scissors, glue stick and monoadhesive or double sided tape to class. \$25 supply fee for materials.

#### 1, 2 hour session

Class	Day	Time	TOH/NR
<b>April 18</b>			
4565.001	W	6:30-8:30pm	\$18/\$18
<b>May 16</b>			
4565.002	W	6:30-8:30pm	\$18/\$18
<b>June 13</b>			
4565.003	W	6:30-8:30pm	\$18/\$18

## ORIGAMI

### Beginners Origami for Kids

Ages 6 & up

Children will learn how to fold 5-8 different popular origami shapes using standard origami paper of all sizes. Samples, instruction sheets and practice origami paper will be provided at the end of the class for at home practice. Great outing for scout troops. \$2 supply fee collected at class.

#### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>April 18</b>			
4550.001	W	4-5pm	\$18/\$18
<b>May 15</b>			
4550.003	T	4-5pm	\$18/\$18

### Origami Note Cards – Ages 16 & up

Attendees will learn history of origami, fold simple origami pieces and create 4 handmade note cards, incorporating collage, rubber stamping and paper layering. We'll also view sample pieces/artwork/instruction books, Q&A session. Attendees will also receive a take home kit with instructions & origami paper for home use. \$2 supply fee collected at class.

#### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>April 18</b>			
4550.002	W	5-6pm	\$18/\$18
<b>May 15</b>			
4550.004	T	5-6pm	\$18/\$18



## TRIPS

**Note:** All trips meet/depart from and return to the Herndon Community Center unless otherwise noted. Please arrive 15 minutes before departure time.

### The Chefs Table @ Stratford University – All Ages

Take a trip to Stratford University's Culinary Arts Chefs Table in Falls Church for the Grand **All-You-Can-Eat** Buffet lunch made special by the students. Feast on the creations of tomorrow's superstar chefs. We will view the students busily making our meal on the way to the dining area. Trip includes transportation by 15-passenger van, lunch, and driver/escorts. No refunds after April 6. Participants 17 & under must be accompanied by an adult.

#### 1, 4.5 hour session

Class	Day	Time	TOH/NR
<b>April 20</b>			
4860.501	F	10am-2:30pm	\$28/\$28

### The Washington D.C. Textile Museum & Tea – Ages 18 & up

Join us on a tour of the Textile Museum in Washington D.C. This trip will include a guided overview of the museum and its current exhibit, "Architectural Textiles: Tent Bands from Central Asia" You will have time to look on your own and browse the museum shop. We will have tea and lunch to include mini sandwiches, tea cookies, tarts, etc. Trip includes transportation by mini-coach, driver, escort, tour of museum, tea/lunch, and admission. No refunds after March 20.

#### 1, 6 hour session

Class	Day	Time	TOH/NR
<b>March 30</b>			
4860.201	F	9am-3pm	\$57/\$57

### Atlantic City, New Jersey

**Ages 21 & up**

It could be your lucky day to win big! Play the slots, or stroll the boardwalk for some shopping! The trip includes continental breakfast, motor coach transportation, driver, escort, six-hour day at the casino, and \$20 cash from the Hilton Casino! No refunds after April 23.

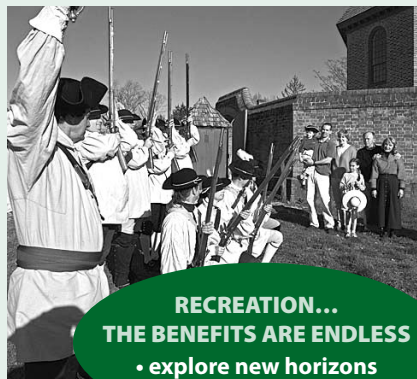
Class	Day	Time	TOH/NR
<b>May 7</b>			
4860.101	M	6:45am-10pm	\$42/\$42

### Colonial Williamsburg Weekend – All Ages

Enjoy 2 days and 1 night of living history! We will enjoy lodging at the Governor's Inn, guided Historic Tour of Williamsburg, Revolutionary City, Jamestown's 400<sup>th</sup> Anniversary Celebration, a colonial performance, dinner on Saturday night at the Kings Arms and many, more attractions. Trip includes driver, group leader, lodging, continental breakfast at hotel, Kings Arms dinner, colonial performance, luggage handling, taxes and gratuities. No refunds after April 1.

#### April 28-29

4860.601	Adult	\$305/\$305
4860.602	Child 18 & under	\$195/\$195
*Motorcoach departs at 6am from the Herndon Community Center and will return on Sunday at 11pm.		



### Dandy Lunch Cruise

**Ages 18 & up**

We will depart from the beautiful port of historic Old Town Alexandria and cruise up the Potomac while we enjoy a three-course meal. We will cruise past our national monuments and into Georgetown, then turn around and return back to port. Trip includes a served, three-course meal, cruise admission, taxes, gratuity, driver, escort, and transportation by motor coach. No refunds after April 17.

#### 1, 5 hour session

Class	Day	Time	TOH/NR
<b>May 15</b>			
4840.201	T	10:30am-3:30pm	\$80/\$80

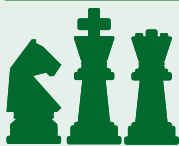
### Canoeing at Mason Neck State Park – All Ages\*

Take a trip to Lorton, Virginia for an opportunity to canoe the Potomac River with the Recreation and Parks Department. This trip is great for beginners and anyone looking for a good time. Bring a bag lunch. Trip includes canoes, guide, escort, transportation by 15-passenger vans, safety equipment and mini lesson. No refunds after May 4. \*Under 18 must be accompanied by an adult.

#### 1, 6.5 hour session

Class	Day	Time	TOH/NR
<b>May 12</b>			
4860.603	S	9:30am-4pm	\$20/\$20

## CHESS



Chess is growing in popularity and everyone should know how to play. The game helps develop critical thinking skills, concentration and basic strategy. Chess sets will be provided.

### Beginner – Ages 8-12

Student will learn the following rules of chess, conditions for castling, rules of pawn promotion, rules of pin, en passant capture, when castling is legal, difference between checkmate and stalemate, basic strategy, and tactics.

#### 8, 1 hour 15 minute sessions

Class	Day	Time	TOH/NR
<b>March 10-April 28</b>			
4645.010	Sa	10:30-11:45am	\$64/\$80

### Intermediate – Ages 8-12

Student will learn the values of the chessmen, tactics of chess including: pins, forks, skewers, double attack, discovered check, and double check; how to record a chess game, guidelines to opening play; fool's mate and scholar's mate.

#### 8, 1 hour 15 minute sessions

Class	Day	Time	TOH/NR
<b>March 10-April 28</b>			
4645.011	Sa	12-1:15pm	\$64/\$80

**RECREATION...**  
**THE BENEFITS ARE ENDLESS**  
• strengthen problem-solving and decision-making skills



## TEEN SCENE

The HCC Teen Room is dedicated to middle school and high school students every weekday afternoon from 2:30-6pm. It is easy to join in – purchase a \$15 pass, which is good for the whole school year. For more information, call **703-787-7300**.

### TEEN FRIDAY NIGHTS

#### Middle School Students ONLY

Here's your chance for exclusive use of the Teen Room and Game Room and of course, room to dance and mingle with friends on Teen Friday Nights at the Herndon Community Center. Tickets available at the Herndon Community Center the week of the event.

**8-10:30pm**

**\$4/advance\* \$5/at door\*\***

*\*Tickets will be sold at Herndon Middle School the Thursday and Friday before.*

*\*\*Must present school ID or have a parent present when purchasing ticket at the door.*

**March 9; April 13; May 4**

### TEEN CINEMA – Ages 12-17

You're invited for an afternoon of popcorn, candy and a movie on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month. Films subject to change. To find out what's playing, check the schedule in the Teen Room. Show begins at **2:45pm**. Teen Club Card required for admission.

**March 8 Taladega Nights: The Ballad of Ricky Bobby**

**March 22 Pirates of the Caribbean 2: Dead Man's Chest**

**April 12 Superman Returns**

**April 26 Employee of the Month**

**May 10 Stealth**

**May 24 XXX: State of the Union**

### Kidsit Babysitting

#### Certification – Ages 11-15

Geared toward young students who want to become good babysitters. Course topics include: babysitter's rights and responsibilities, child development, baby care, toys and games, first aid, how to handle emergencies, and CPR. Each babysitter will receive a babysitting kit including a Kidsit Manual, CPR book, Kidsit Certification and CPR completion card. Please bring a lunch.

#### 1, 6 hour session

Class	Day	Time	TOH/NR
<b>March 24</b>			
4620.001	Sa	10am-4pm	\$48/\$48
<b>April 28</b>			
4620.002	Sa	10am-4pm	\$48/\$48
<b>May 12</b>			
4620.003	Sa	10am-4pm	\$48/\$48

**Teens see the new Weight Training & Fitness classes on page 13**

RECREATION...

THE BENEFITS ARE ENDLESS  
• develop healthy habits

### SENIOR CINEMA – Ages 55 & Up

Come to the Herndon Community Center for light refreshments and a movie—ALL FREE on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month (unless specified otherwise). This is a great way to see friends and to make new ones! Enjoy a feature film, new release, or classic. All movies are rated PG or PG-13. Show begins at **10am**.

**March 7 Invincible**

**March 21 The Break Up**

**April 4 Mission Impossible: III**

**April 18 The DaVinci Code**

**May 2 Firewall**

**May 16 The Producers**

**Seniors, keep your days filled with activity. Try on of the following:**

- Take a day trip, see page 28
- Try a watercolor or pottery class, see page 27
- Sign-up for lunch time Pilates or yoga, see page 14
- Experience all the Fitness Room has to offer, see page 16
- Or enjoy a water exercise class, see page 10

### Meet our new personal trainer, Jeff Burden



Jeff brings over 10 years of fitness/training experience to the department. He holds a B.A. in Exercise and Sports Science from the University of North Carolina

at Chapel Hill. Jeff is an American Council on Exercise Clinical Exercise Specialist and Certified Personal Trainer. He is also a USA Track and Field level 1 Coach. Jeff is also a group fitness instructor holding many certifications including Schwinn and Les Mills programs. But most of all, this former marine brings enthusiasm, knowledge and genuine passion for people to meet their health and fitness goals.

### Horseback Riding Trip

#### Grades 7-12

Join Herndon Parks & Recreation staff for an escorted horseback trail ride through the beautiful countryside of rural Virginia. **This is a great trip to take on your break from school!** Be sure to pack a bag lunch. Vans depart from and return to the Herndon Community Center.

#### 1, 6.5 hour session

Class	Day	Time	TOH/NR
<b>March 30</b>			
4363.003	F	11am-5:30pm	\$35/\$35

### Girls Running Program

#### Grades 7-9

The Herndon Parks & Recreation is introducing a new program to enhance fitness and confidence in our youth. This program will include a running program which will help the girls run and finish the Herndon Festival 5k race as well as interact and discuss issues arising in their every day lives.

#### 20, 1.5 hour sessions

Class	Day	Time	TOH/NR
<b>March 12-May 23</b>			
4630.101	M/W	4:30-5:30pm	\$110/\$125



# Registration Information

## HOW REGISTRATION WORKS

Town of Herndon residents receive priority in the registration process. Open registration by any of our six convenient registration methods will begin for **TOH-residents at 10am on Wednesday, February 21. Open registration for Non-TOH-residents will begin at 10am on Tuesday, February 27.**

## WHAT DOES TOH MEAN?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC). The TOH offers discounts and priorities to its citizens.

- Town of Herndon (TOH) residents receive a discount on classes and programs. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is received by the first advertised registration date.

## HOW DO I KNOW IF I LIVE IN THE TOWN OF HERNDON?

Two easy indicators are that if your car personal property tax sticker or your water bill is from the Town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, please call us at 703-787-7300.

## CAN I STILL PARTICIPATE IF I DON'T LIVE IN THE TOWN?

Absolutely YES! As a TOH operation, we are here to serve TOH residents first, but not exclusively. Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on February 27. Class information found through our online registration process is updated daily. Thus, if you find that course information has changed from this brochure, the updated information found online is correct.

## FORMS & FEES

Use one form for each household, and a separate check, cash, or credit card number with expiration date *must be provided for each class*. Checks should be made payable to the "Town of Herndon." PLEASE NOTE multiple registrations with one check will be returned unprocessed. Registrations with incorrect payment will be returned unprocessed.

## SPECIAL REQUESTS

The TOH is unable to honor special requests, such as siblings and car pools.

## LATE REGISTRATIONS

Late class registrations are accepted if space is available with no fee reduction.

## CLASS CANCELLATIONS

The TOH reserves the right to cancel any class/workshop that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

## SUPPLIES/EQUIPMENT

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

## REFUNDS

You will automatically be given a full refund if classes are already filled or a minimum enrollment is not met. You may receive a refund less a 20% service charge (\$10 maximum) up to 3 days before your program starts for any reason. Less than 3 days before your program starts or after the program starts, refunds or letters of credit are only given for medical reasons or relocation of at least 20 miles from the Town of Herndon. Exception: Trips with specific refund request deadlines, the 20% fee applies. Refunds are calculated based on the remaining classes at the time that the request is made. Letters of credit are also available and are not subject to a service charge. After the midpoint of the program, refunds or letters of credit will not be given for any reason. Participation open to all HCC programs, and facilities are open to all citizens regardless of race, color, national origin, sex, age, or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities, so that they may participate in services, programs, or activities offered by the TOH. Please call 703-787-7300 or 1-800-828-1120-TDD at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

## NOTICE

In accordance with the Code of Virginia, a fee in the amount of thirty-five dollars (\$35) will be collected for every check returned to the Town of Herndon. **A SEPARATE CHECK IS REQUIRED FOR EACH CLASS REGISTRATION ON THE FORM.**

## FINANCIAL ASSISTANCE AND SCHOLARSHIP PROGRAM

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs (not including trips, daily admissions, or passes to the Community Center) for those who meet federal financial qualifications for assistance.

Additionally, the Town provides scholarships to eligible citizens for programs offered by the Herndon Community Center which may supplement the Town's financial assistance program. Contact the Community Center Head Supervisor, 703-435-6800 x2107,

for information, or visit the Community Center for assistance.

## ATTENTION SENIORS!

Senior adults age 61 and over by Dec. 31, 2006 receive a 50% discount on classes, except where noted.

## 6 EASY REGISTRATION OPTIONS:

*Open Registration dates apply to ALL registration options - 10am on February 21 for TOH Residents, and 10am on February 27 for Non-TOH Residents.*



**1. ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available 24 hours a day through our website at [www.herndon-va.gov](http://www.herndon-va.gov). Once your account is established, and the registration period has opened, you may enroll online any time, 24 hours a day. Registration for classes with this icon is not available online. Acceptance of our liability waiver will be required prior to registration.



**2. TOUCHTONE** registration is available 24-hours-a-day. With a customer identification number and password, you can call our automated registration line at 703-707-2662 and register over the phone. Call the Community Center at **703-435-6800, ext 2100** to obtain customer identification numbers for yourself and your family members and your password. Registration for classes with this icon is not available through touchtone. *Signature on our liability waiver will be required prior to participation.*



**3. MAIL** a completed form and separate check, money order or credit card payment to:

**Herndon Parks and Recreation  
P.O. Box 427, Herndon, VA 20172**



**4. FAX** (24-hours-a-day) a completed form with a VISA or Master Card number and expiration date to: 703-318-8652. Faxed registrations cannot be verified.



**5. DROP OFF** a completed form with separate check, money order, or credit card payment into the drop boxes at the reception desk of the HCC, 814 Ferndale Avenue, Herndon, VA 20170.



**6. IN PERSON** In person registration beginning 10am, February 21 for TOH residents, and 10am February 27 for nonresidents. Walk in to the reception desk at the HCC anytime during regular business hours (see Community Center Hours-page 2).



## Registration Guidelines

Use one form for multiple class registrations

Complete this form and be sure to note:

1. Your first, second, and third choices.
2. If you are paying by check or money order, please write a separate check or money order for each first choice.
3. Please use one form per household.
4. Let us know if you want to receive an email newsletter and updates.

Registration for Town of Herndon Residents begins on **Wednesday, February 21 at 10am at the HCC.**  
Registration for Non-Town of Herndon Residents begins on **Tuesday, February 27 at 10am at the HCC.**

**PHONE:** 703-787-7300  
**FAX:** 703-318-8652

## Spring 2007 Herndon Parks and Recreation Registration Form

**ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.**

**HEAD OF HOUSEHOLD: LAST** \_\_\_\_\_

**FIRST** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CITY/STATE/ZIP** \_\_\_\_\_

**HOME PHONE** \_\_\_\_\_

**WORK PHONE** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 99	M/F	0000.000	Level 4	\$68	0000.000	0000.000
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

**SPECIAL ACCOMMODATIONS:** Call 703-787-7300 to speak with program supervisor.

☐ Check to receive email newsletters and updates.

**MAKE ONE CHECK FOR EACH CLASS PAYABLE TO: TOWN OF HERNDON**

**All returned checks are subject to a \$35 fee**



**MAIL TO:**

Herndon Parks and Recreation  
P.O. Box 427, Herndon, VA 20172-0427

**CHANGE OF ADDRESS/PHONE/EMAIL?** ☐ YES ☐ NO

**REFUNDS:** A 20% service charge will be accessed (\$10 maximum) up to 3 days before start of program. Less than 3 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon.

**OFFICE USE - Processed by:** \_\_\_\_\_

**Payment Method**    C    CK    CC    LC

**AP#** \_\_\_\_\_

**Date Paid** \_\_\_\_\_

**IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:**

☐ VISA ☐ Mastercard

**CREDIT CARD #** \_\_\_\_\_

**EXP. DATE** \_\_\_\_\_

**PRINT NAME OF CARD HOLDER** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_

**RECREATION CONSENT:** I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or videotape of the activity in any marketing or promotional material.

**PRINT NAME OF PARENT OR GUARDIAN** \_\_\_\_\_

**SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN** \_\_\_\_\_





# EARTHDAY / ARBOR DAY



Free and Open to the Public  
Saturday, April 21, 9:30am-12:30pm  
Herndon Municipal Center, 777 Lynn Street

Live Music

Scouts, clubs and school groups are encouraged to attend!

Join the Town of Herndon in celebrating Earth Day/Arbor Day! Enjoy conservation and stewardship themed activities, learn about the natural world around you, and discover the treasures of nature that are in your own backyard!

## Earth Day exhibits will include:

Backyard Habitat Information,  
Composting Tips, Fairfax County Tree  
Commission, Virginia Department of  
Forestry, Master Gardeners Association,  
Herndon High School Students Against  
Global Abuse (SAGA), Wildlife Rescue  
League, Audubon Society of NOVA,  
Leave No Trace, and Disease  
Carrying Insects-Fairfax County  
Health Department

## Event Highlights:

- Presentation of Tree City Award
- Free Tree Sapling from the Town Forester for a Town of Herndon Plant-a-thon
- Eco Friendly Booths
- Hybrid Car Display
- Cultivating Communities/Plant Exchange
- Family Crafts – Build a Nest Box (quantities limited to first 100)
- Become an Earth Steward, Sign the Earth Day Banner
- Meet Smokey Bear and Rocky Raccoon Giving Conservation Keepsakes
- Moon Bounce & Games for All
- Planting of a Native Tree

Questions? Call the Town Naturalist at 703-435-6800 x2113



## The 27<sup>th</sup> Annual Herndon Festival

Downtown Herndon • May 31 – June 3, 2007

- ENTERTAINMENT • CARNIVAL • FOOD • ARTS & CRAFTS • FIREWORKS
- CHILDREN'S HANDS ON ART AREA • BUSINESS EXPO • 10K/5K RACE • K9-2K



For all the details, visit:  
[www.herndonfestival.net](http://www.herndonfestival.net)



## Town of Herndon Parks and Recreation

P.O. Box 427  
Herndon, VA 20172  
[www.herndon-va.gov](http://www.herndon-va.gov)  
703-787-7300

PRST STD  
US Postage  
**PAID**  
Herndon, VA  
Permit No. 280

ECRWSS  
Residential Customer